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ZOMBIES, A HOBBIT AND MORE ARE TAKING OVER SAN DIEGO PAGE 12

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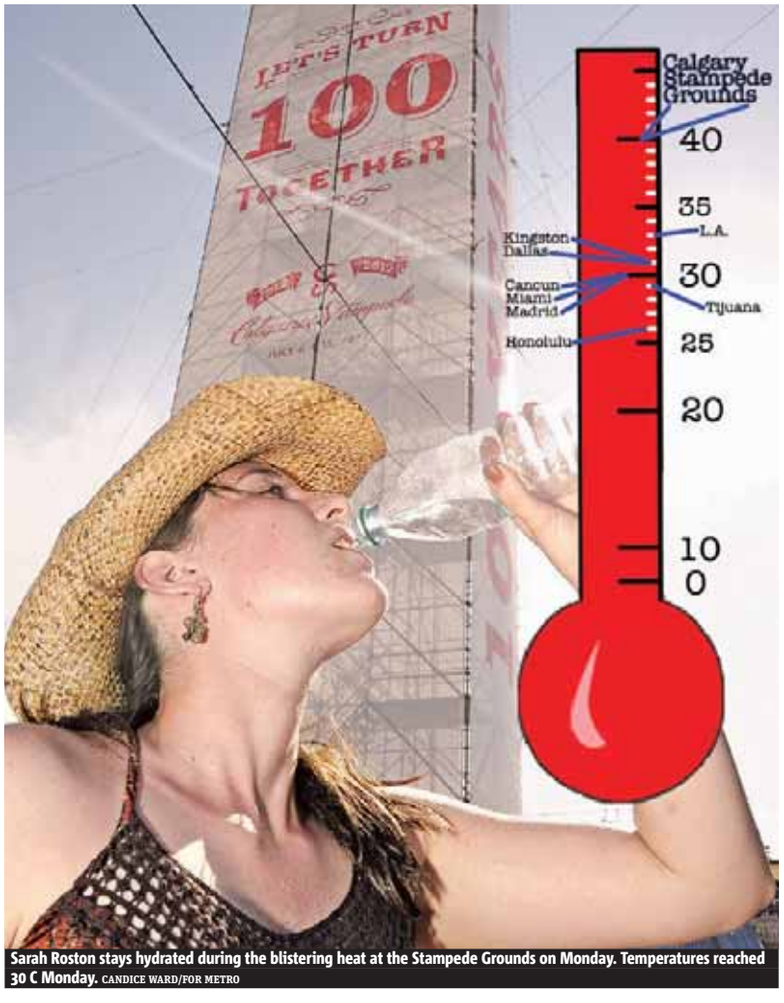

Sarah Roston stays hydrated during the blistering heat at the Stampede Grounds on Monday. Temperatures reached 30 C Monday. CANDICE WARD/FOR METRO

Feeling hot, hot, hot!

Record-breaking. Stampede grounds may top temps in beach destinations, with Monday being the hottest since August 2010

ALICIA GERRIOR
calgary@metronews.ca

Mini-doughnuts won't be the only things frying at Stampede this week, with temperatures on the grounds expected to skyrocket to 40 C today.

It could be 10 C hotter today on the Stampede grounds than in Cancun, Mexico. Fourteen degrees more than Honolulu, Hawaii.

Built on a blacktop with little shade except the brims of cowboy hats, the grounds often see the mercury pop up higher than the actual air temperature in the city.

"It can easily be five to 10 C warmer when you're in an area where you're in the sunshine, on black asphalt, with not much wind," said Bill McMurtry of Environment Canada.

Emergency Medical Services' public-education officer, Adam Loria, said he's preparing for the worst.

"We have two extra ambulances for the duration of Stampede," Loria said.

"With these temperatures here in the next few days, I'm sure we'll get a handful of heat and sun-related emergencies."

Enmax was forced to have rolling brownouts across Calgary, and issued a plea for lower power consumption. Environment Canada also issued a Humidex warning for the province.

Tips

Heading down to the grounds today?

- Protect yourself from the heat by drinking lots of water.
- Re-apply your sunscreen, and wear a wide-brimmed hat.

Pot growers toss plants

Legal pot growers have thrown away their plants following the city's request for the addresses of approved growing operations PAGE 3

Celebrity chef dead at 29

TV host Anthony Sedlak collapsed from unknown causes at his North Vancouver home PAGE 5

Sweeten your summer salad

Toss strawberries and cinnamon almonds with spinach PAGE 20

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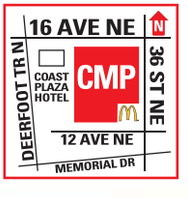

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Violent criminal past

Edmonton man wanted for murder may be in Calgary

The man wanted for attempted murder and arson following an apartment fire early Sunday in Edmonton has a violent criminal past, said police.

The search is on for Zachary Holland, 25, after the 3 a.m. fire in south Edmonton sent four people to hospital, including an 18-year-old woman with severe burns. Police believe the man may have fled to Calgary.

"An assault took place where the victim was hit over the head with the lid from the water tank on the toilet (and) allegedly knocked unconscious," EPS spokesperson Scott Pattison said Monday.

The woman, who had some sort of relationship with Holland for over a year, is in hospital. This incident follows charges of aggravated assault, criminal negligence, choking and kidnapping laid against Holland in March.

HEATHER MCINTYRE/METRO

1-855-23-SPILL

Tip line launched to report oil spills

Several prominent landowner and environmental groups have launched a tip line that will allow callers to anonymously report pipeline spills.

The Alberta Surface Rights Group, Greenpeace Canada, the Council of Canadians and the Sierra Club have all partnered to start the anonymous tip line in a response to what they call government inaction.

"We know the public doesn't know how many oil spills ravage this province every year or the impact those spills have," said climate and energy campaigner Mike Hudema in a release. METRO

Your art is a Wonderland. Wire-mesh sculpture slated for Bow decor

Barcelona-based artist Jaume Plensa will have two of his artworks featured in downtown Calgary. Wonderland is a 12-metre wire-mesh head sculpture that will take three months for crews to install outside the Bow skyscraper and will become the plaza's centrepiece.

The second installation, called Alberta Dream, is a bronzed statue of the artist embracing a living tree, which will continue to grow over the artwork.

METRO

Wonderland, a 12-metre wire mesh head sculpture. CONTRIBUUTED

Stampede. Redford expects same oilsands song from federal NDP

Alberta's premier says she's not holding out hope that the federal NDP leader will change his tune on the oilsands and it doesn't look like the two will meet during Stampede week.

"We are going to continue over the next three years to hear Mr. Mulcair speak. I don't think that his tone is going to change in terms of his comments with respect to the energy economy," Alison Redford told reporters Monday after she served pancakes, sang, danced and shmoozed with guests at her first Stampede breakfast as premier.

"Our perspective is very different."

Mulcair has been critical of Alberta's energy industry. The Opposition leader has said economic strength in Alberta, fuelled mainly by the oilsands, is jacking up the Canadian dollar and hurting manufacturers elsewhere in the country.

THE CANADIAN PRESS

Legal pot growers say they fear being outed

Disclosure. City push to reveal locations of Health Canada-approved operations stirs fear

JEREMY NOLAIS
jeremy.nolais@metronews.ca

Scores of Calgary legal marijuana growers have tossed their plants in the trash amid fears of having their addresses revealed publicly, claim members of the local cannabis-using community.

This comes after the city made a request in February to Health Canada to provide the locations of all approved growing operations amid fears that most were not meeting safety requirements.

"A lot people thought the sky was falling, a lot of people were afraid," said Keith Fagin with Calgary 420 Cannabis Community, who says he's been flooded with calls from former growers now looking for other marijuana providers.

But Wayne Brown with the city's Co-ordinated Safety Response Team said Monday his team never planned to release the addresses publicly.

"We were simply attempting to start a dialogue with the federal government," he said.

Fagin, who used to grow marijuana himself, said the city's intent was always clear to him, but scolded them for pursuing the matter in the first place.

"The city's just blowing smoke.... They don't realize they have caused a lot of pain for some people," he said.

Privacy issue

- Keith Fagin with Calgary 420 Cannabis Community said the primary concern of legal marijuana growers who feared their locations would be revealed publicly was the potential to become a target for criminals.

Keith Fagin said hordes of legal marijuana growers have abandoned the practice after misinterpreting the objectives of city officials. CELESTE DE MUELENAERE/FOR METRO

1 NEWS

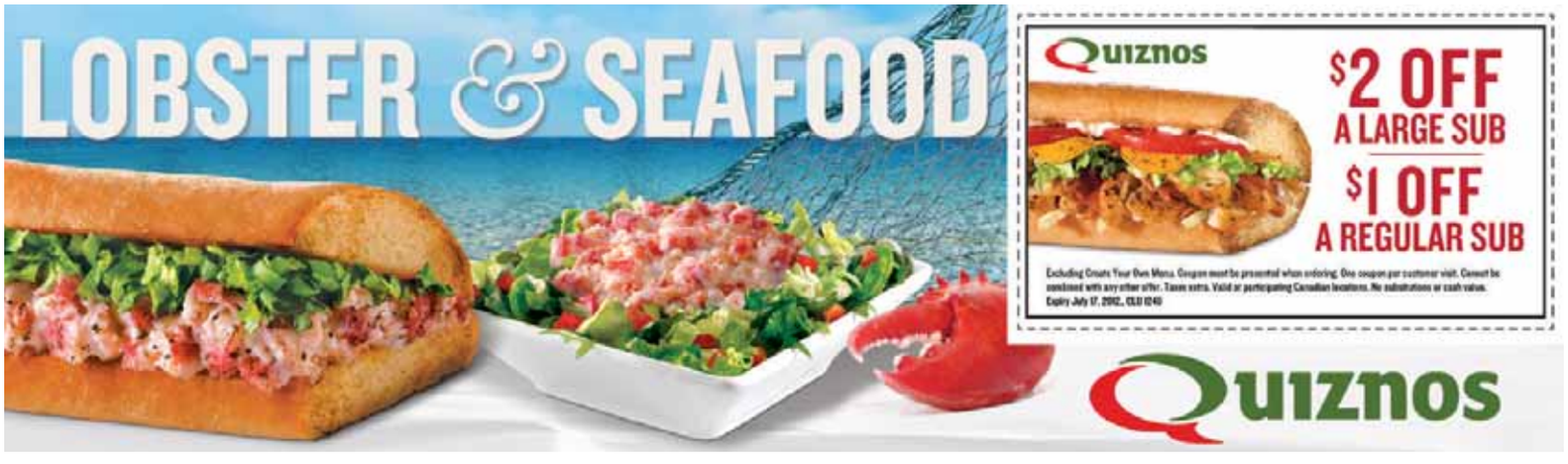
On the web

Deadly outbreak strikes kids in Cambodia

A deadly form of hand, foot and mouth disease has been linked to the deaths of 52 people, mostly children under three, in Cambodia. Read more about the mysterious outbreak at metronews.ca.

Mobile news

Something alarming is invading the Calgary Stampede midway, affectionately known as Heart Attack Alley. Famous for deep-fried everything, the Stampede and its fortress of greasy food now face an invasion of healthy alternatives. Scan the code to read more about the calorie wars.



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Some rafters, like this group of four seen Sunday, have continued to ignore warnings by Calgary emergency officials to stay off the Bow River. JEREMY NOLAIS/METRO

River warnings likely to subside by the weekend

Flooding possible. Alberta Environment says more melting could occur due to recent heat wave

Quoted

"We like to see people taking advantage and enjoying the weather we have."
Ken Uzeloc, Calgary's acting fire chief

JEREMY NOLAIS
jeremy.nolais@metronews.ca

Break out your paddles — it appears Calgary's rivers will soon be safe to float on again.

Acting fire Chief Ken Uzeloc said water levels are dropping in the Bow River and will likely dip below the safety threshold Tuesday. After that, his team's focus will shift to debris and water quality, but the hope is to lift the high-stream-flow advisory in time for the weekend.

"This is usually our high time for elevated streams and flood situations," Uzeloc said. "I would anticipate that once we get over this hump, the worst is behind us."

Calgary resident Brad Kuhl was killed over the Canada Day long weekend after a raft carrying four overturned at the Bow River's Harvie Passage. This came despite repeated warnings from city officials to stay off rivers in the wake of heavy rainfall and a rapid melting of the snow pack in the mountains.

Uzeloc said the number of rafts on the Bow over the weekend was far below traditional levels — especially given the scorching temperatures. "It appears many people got the message we have been putting out there," he said.

Uzeloc did say, however, that even once the advisory is lifted, inexperienced boaters and those using inflatable rafts should steer clear of Harvie Passage, which opened this season to help overcome a deadly weir nicknamed the "drowning machine."

Follow Jeremy Nolais on Twitter @Metro_Nolais

No injuries

Fire crews snuff out southeast house fire

Calgary fire crews were called out at approximately 12:10 p.m. Monday to a house fire in the 6700 block of Douglas Ridge View Southeast.

Upon arrival at the scene, crews found that flames on the home's exterior were nearly out. The remainder of the fire was extinguished and the interior inspected.

One male resident escaped the blaze without injury. The cause of the fire is being investigated.

METRO

In memoriam. Friends remember gang victim

Hai Michael Du, 36, is seen in this undated photo. FACEBOOK.COM

Dozens packed into a northeast Calgary funeral home Monday to honour the life of an innocent Calgary postal worker killed in a gang shooting.

Hai Michael Du, 36, was at the Basil Ultimate Pho and Fine Vietnamese Cuisine restaurant during the early-morning hours of July 1 when two men burst in and allegedly opened fire. He was struck and died at the scene.

On Monday morning, it was standing-room only as a crowd of family, friends and co-workers of Du's from Canada Post filled McInnis and Holloway's Chapel of the Bells.

"The thing what I will remember about Mikey is his smile," said one woman.

Another added, "It's important we remember how he lived, not how he died."

JEREMY NOLAIS/METRO

Man nears 3M miles driven in his 1966 Volvo

Record-breaking. Irvin Gordon has held the Guinness World Record for mileage since 2002

Irvin Gordon in his hardy Volvo.
SETH WENIG/THE ASSOCIATED PRESS

It just keeps going, and going, and going. No, it's not a battery. It's Irvin Gordon's 1966 Volvo P1800S.

Gordon's small, red two-door has well more than two million miles (3.22 million kilometres) on the odometer, the equivalent of nearly 1,176 times across the globe.

The retired schoolteacher from Long Island hopes to reach the three-million-mile mark by next year. He only has 34,000 miles to go.

The 72-year-old Gordon drives his Volvo everywhere.

"It's just a car I enjoy driving," he said.

He bought his beloved car on June 30, 1966, for $4,150 at the age of 25. "It was a whole year's salary," he said.

Gordon originally wanted the convertible Volvo with air conditioning, but it was too expensive. He paid extra to have an AM/FM radio, though.

"It was $10 extra, and at that time, $10 was a lot. But an AM/FM radio was a big deal," he said.

Gordon's car has just enough room for him and his essentials. His front bumper is filled with pins of his mileage achievements. Even his licence plate says "MILNMILER." And his trunk overflows with the many car parts he thinks he might need when on the road.

"I have a set of everything," he said. "If I have it, then I am not going to need it."

THE ASSOCIATED PRESS

Celebrity chef Anthony Sedlak dead at 29

Chef Anthony Sedlak, host of The Main on the Food Network, has died at the age of 29. He is being remembered for his warm personality, passion for his craft and skill in the kitchen. A statement issued by his family said Sedlak was found dead in his North Vancouver apartment on Friday, July 6, after collapsing from an undiagnosed medical condition.

DARRYL DYCK/THE CANADIAN PRESS

Don't mess with DJ

Deadmau5 threatens robbers

Grammy-nominated producer Deadmau5 is fuming after a break-in at his mother's house in Niagara Falls, Ont. "Man, you ... picked the wrong house," he wrote, using an expletive to describe those responsible.

"Mau5 is gonna find you." THE CANADIAN PRESS

Health benefits

Kenney invites praise for cuts

If you want to sign a petition thanking Immigration Minister Jason Kenney for his efforts to reduce health benefits for refugees, look no further than his own website. A spokeswoman for Kenney said in a statement that thousands of people have signed the petition. TORSTAR NEWS SERVICE

Refugees

Detention may hurt mental health

An opinion piece in the Canadian Medical Association Journal says a new law could pose a serious danger to the mental health of refugees. Bill C-31 includes provisions that allow the immediate detention of refugee claimants designated as part of irregular arrivals. THE CANADIAN PRESS

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Members of a Palestinian honour guard stand next to the tombstone of Yasser Arafat. MUHAMMED MUHEISEN/THE ASSOCIATED PRESS

Abbas approves exhumation and autopsy of Arafat

Investigation. Palestinian leader agrees to testing of body after lethal agent detected on clothing

Palestinian President Mahmoud Abbas has given final approval to dig up Yasser Arafat's remains and is also pressing for an international investigation of his predecessor's mysterious 2004 death, a top aide said Monday.

The decision came days after a Swiss lab detected elevated traces of a lethal radioactive agent on clothing said to be Arafat's.

Testing Arafat's bones could offer the last chance to get to the bottom of Palestinian claims that their leader was poisoned, though some experts cautioned it may already be too late for conclusive answers.

Several Palestinian officials have charged that Israel poisoned Arafat. The French doctors who treated Arafat in his final days did not present a clear cause of death, while Israel emphatically denied it killed the Palestinian leader.

Arafat, who died at age 75, is buried in a mausoleum in the walled government compound in the West Bank where he spent the last three years of his life under Israeli siege.

Scenes of heavy machinery tearing into the wreath-covered grave of the revered leader could prove offensive to devout Muslims. Also, the grave has become a must-see site for Palestinians and foreign visitors to Ramallah.

Abbas aide Saeb Erekat said Monday that the need to know overrides cultural sensibilities. THE ASSOCIATED PRESS

Closure

"We are seeking the truth, and every single Palestinian is seeking the truth."
Mahmoud Abbas aide Saed Erekat

Taliban

Six Americans killed in bombing

The Taliban took responsibility Monday for a bomb blast in Afghanistan that killed six American troops. THE ASSOCIATED PRESS

West Bank

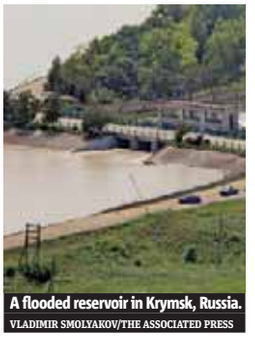
Report supports illegal settlements

A government-commissioned report released Monday has recommended that Israel legalize dozens of unsanctioned West Bank settlement outposts, defying international opposition. THE ASSOCIATED PRESS

Floods. Putin denies government wrongdoing

The floods that washed through southern Russia and killed 171 people followed storms that dumped five months of rain in a matter of hours. Still, President Vladimir Putin has spent three days trying to persuade residents that the flooding was an act of nature and not the result of government negligence or worse.

Some persist in believing, against all evidence, that the city of Krymsk and its 57,000 people were intentionally sacrificed to prevent the flood waters from damaging Novorossiysk, a major Black Sea port essential for exporting Russian oil and grain. THE ASSOCIATED PRESS


A flooded reservoir in Krymsk, Russia. VLADIMIR SMOLYAKOV/THE ASSOCIATED PRESS

"For years, I suffered from unbearable stiffness and swelling in my hands"

"How I BEAT The Pain That Almost Ended My Career!"

By Jaudon Sunde
Medical Cosmetic Technician

For nine long years, I lived in sheer agony. I suffered from inflammation and horrible stiffness in my hands. Unless you've experienced it for yourself, you can't imagine how bad the pain really is. It nearly crippled me and almost ended my career.

As a Medical Micropigmentation Specialist in Cleveland, Ohio, **I need my hands for applying medical tattooing and permanent makeup for cancer patients, burn victims, and for people who need facial reconstruction.**

I was proud that in 2010, FOX 8 TV news viewers voted me the "Best Permanent Cosmetic Technician" in the area and I have consistently ranked in the top 2% nationally.

But suddenly, my career was in danger. I was told that the intense precision of my work combined with the brutal cold winters in Ohio contributed to major stiffness and inflammation.

So naturally, I tried just about every pain remedy and topical cream on the market. Nothing worked. The pain was getting worse and worse.

So for all these years, I got by on a steady regimen of over-the-counter pills. The pain in my hands got so bad that I started taking pain relievers 2-3 times a day. And still my agony persisted.

I was faced with a dreadful choice: Either have the painful surgery on my hands and be laid up for months...or cut my workload in half. I was between a rock and a hard place.

I couldn't afford to do either. I had to find a better way to get real relief.

Then one day at dinner a friend of mine told me that inflammation is worse than I thought. "It's called the 'secret killer,' and for good reason," he said. "Left alone, it can ravage your arteries, chew up nerve cells in your brain, and lead to all kinds of age-related ailments.

"The good news is that researchers at the University of Arizona have now confirmed that the Nopal cactus — found in the Sonoran Desert in the southwest U.S. — has tremendous power. It can help fight off harmful inflammation without risky drugs. And it can help reduce the pain caused by inflammation.

"It turns out that the fruit of this plant is loaded with a special concentration of something called a 'bioflavonoid.' It's a super-powerful antioxidant that scientists believe to be perhaps the best natural anti-inflammatory agent on the planet. And it's **proven to reduce inflammation and detoxify your body naturally."**

He then spoke the words that would change my life. "I think all you need to do is try a fruit drink." I was shocked! How is an ordinary fruit drink going to end my misery? "Well, it's not an ordinary fruit drink. It's called **Nopalea**, a breakthrough wellness drink that contains these incredible bioflavonoids I told you about. Drink it and you'll be amazed how great you're going to feel."

I was skeptical, but I was also desperate. He brought me a bottle and I took a sip. I was shocked that it actually tasted fruity and delicious. I really enjoyed drinking it.

In just 5-6 days, an amazing thing happened. I started to feel much better. My stiffness loosened up and I moved around better than I had in years with no pain.

I was over joyed! The inflammation in my hands showed dramatic improvement. I kept taking 3 ounces of **Nopalea twice a day and after about 30 days, I could perform my duties 95% pain free!**

Even the doctors I work with were amazed at my amazing improvement. I no longer need surgery. I am busier than ever before and I love it!

I also found out that the betalains in **Nopalea** aid my body in healing by surrounding unhealthy cells and draining them of toxic waste.

Jaudon Sunde, Micropigmentation Specialist, says that "Nopalea has been a life-saver in every sense of the word."*

But don't believe me. You must try this drink for yourself. If you're suffering with the same inflammation and pain that I did, you owe it to yourself to get real relief. Once you try **Nopalea**, I know you'll agree that it's the best thing that's happened to you in a long, long time.

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South Sudanese men participate in the country's anniversary celebrations at the John Garang mausoleum in Juba, South Sudan, Monday.
SHANNON JENSEN/THE ASSOCIATED PRESS

South Sudan turns 1, but oil, border issues remain

World's newest nation. Country's biggest achievement over past year was avoiding return to war with neighbours Sudan

Tens of thousands of South Sudanese gathered under a sweltering sun on Monday in the capital, Juba, to celebrate the first birthday of the world's youngest nation — an event marred by dire economic hardships and a near-constant threat of war.

President Salva Kiir addressed the country's No. 1 threat: a return to war with Sudan, the country it battled for more than two decades.

"Since our independence, (Sudan capital) Khartoum has continuously violated our sovereignty through aerial bombardments and ground incursions," he said.

South Sudan's biggest success in its first year was avoiding all-out war with Sudan. But it came close. A row over the sharing of the two countries' once-unified oil industry prompted South Sudan to shut down its oil production.

Because the south's oil travels through pipelines that run through Sudan, the decision cut off a major source of Khartoum's revenue and has led to instability in that capital. But the move cost South Sudan as well. The landlocked nation derives 98 per cent of its normal government budget from oil.

Because of the loss of oil revenue, inflation is skyrocketing, leaving average families with less to eat. Nearly 200,000 refugees fleeing war in the southern reaches of Sudan have moved into refugee camps in South Sudan.

But several of South Sudan's woes are internal. The new country has been beset by ethnic clashes, primarily in Jonglei state, where the United Nations estimates nearly 900 people were killed in brutal cattle raids and reprisal attacks between late December and early February. THE ASSOCIATED PRESS

Quoted

"The jubilation of independence is now tempered by the reality of a daily struggle to survive."
Helen McElhinney, Oxfam policy adviser

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albertadepot.ca DEPOT It's Worth It

Fatal shooting. Mexico accuses U.S. Border Patrol of killing citizen

A Mexican citizen has been fatally shot by U.S. Border Patrol agents on the border with Texas in an incident that the Mexican government is calling a disproportionate use of force.

The Border Patrol said Saturday that agents had opened fire along the Rio Grande on the Texas-Mexico border after being pelted by rocks and having a gunman point a weapon in their direction from the Mexican side of the river. The agency said it did not know if anyone else was hurt, but the FBI was investigating.

The Mexican Foreign Ministry said late Sunday that a citizen had been killed by a gunshot fired by a U.S. agent at the Los Tomates-Veterans international bridge. It did not identify the victim or provide details. THE ASSOCIATED PRESS

Previous shootouts

- Border Patrol agents got into a shootout with drug smugglers in March. It is not known whether anyone on the Mexican side was hit.
- In 2010, a Border Patrol agent in El Paso shot and killed a 15-year-old Mexican boy across the Rio Grande.

Prime-time drama

Jordan MP pulls gun during live TV debate

A Jordanian lawmaker is being investigated after pulling a gun on his opponent during a live TV talk show, a prosecutor said Monday.

Mohammed Shawabka pointed his pistol at Mansour Seif-Eddine Murad after the former guerrilla-turned-politician called him a "mafia thief" during a prime-time debate late Thursday covering Jordanian politics and Syria's uprising. THE ASSOCIATED PRESS

Struggling peace plan

UN envoy seeks Iranian help for Syrian violence

International envoy Kofi Annan tried to rescue his peace plan for Syria by seeking help Monday from Iran, a staunch ally and military backer of President Bashar Assad's regime.

Before flying to Tehran, Annan said he had agreed on a new approach with Assad to stop the violence, which activists say has killed more than 17,000 people since the conflict began in March 2011. THE ASSOCIATED PRESS

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Survey

Canadians blowing dough on quick lunches

A new survey suggests more than half of Canadians head to a restaurant for lunch at least once a week — a habit that's costing many Canucks some serious dough.

The poll by Visa Canada suggests that while eating out might be convenient, the price tag is not so appealing. The survey suggests the majority of the 60 per cent of Canadians who eat out once a week spend between $7 and $13 on their meal. It also suggests the average Canadian who opts to buy a lunch spends about $8.80 on the meal and Ontarians appear to eat out the most often, with 20 per cent hitting up restaurants three or more days per week. THE CANADIAN PRESS

Market Minute

DOLLAR 98.11¢ (0.06¢)

TSX 11,634.67 (-25.28)

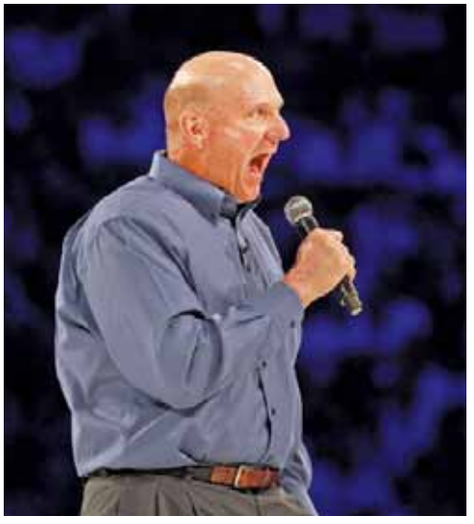
OIL $85.99 US (+$1.54)

GOLD $1,589.10 US (+$10.20)

Natural gas: $2.88 US (+11¢)
Dow Jones: 12,736.29 (-36.18)

Word for Today

God has more than enough for you and He is very generous! If only you would ask. The Ultimate is possible to those who ask! *(God is able to do exceedingly abundantly above all that we ask or think. Ephesian 3:20)*



Technical difficulty softens Microsoft message

Microsoft CEO Steve Ballmer yells to be heard after his microphone stopped working at the Microsoft Worldwide Partner Conference at the Air Canada Centre in Toronto on Monday. About 15,000 attended, making it one of the biggest corporate conventions in Toronto's history. Ballmer assured the faithful that the Windows 8 platform that will power Microsoft-branded phones, expected to be unveiled in the fall, is on track for an October launch. The new platform will support touch- and stylus-based smartphones and tablet PCs as well as desktop and laptop computers as Microsoft moves to build its profile in a burgeoning global market for mobile devices dominated by Apple Inc. and Google Inc. Windows 8 is being counted on to help revive demand for laptops and other personal computers. STEVE RUSSELL/TORONTO STAR

Mortgage rules changed, but most don't know

Money matters. Poll suggests only half of those surveyed were familiar with changes brought in by the federal government

New mortgage rules went into effect Monday in Canada, but a recent survey suggests many people are unfamiliar with the changes.

Starting Monday, borrowers refinancing their mortgages are limited to 80 per cent of the value of the home, down from 85 per cent.

The maximum amortization period dropped to 25 years from 30 years for government-insured mortgages — giving borrowers less time to repay the debt in full. The federal government also tightened the standards lenders must apply before granting a mortgage.

"For two years now, we've been talking to our customers about the financial implications of carrying debt over the long term and how opting for a maximum 25-year amortization can help them manage and meet their long-term goals," said Laura Parsons, a mortgage expert at Bank of Montreal.

A poll conducted by Pollara for Bank of Montreal found only about half of those surveyed were familiar with the changes brought in by the federal government.

And only 45 per cent of those surveyed June 29 to July 4 were aware that the maximum amortization period has been shortened by five years.

Finance Minister Jim Flaherty announced the new rules on June 21.

THE CANADIAN PRESS

Lines of credit

65%

The limit for home equity lines of credit has been reduced to 65 per cent of a property's value, down from 80 per cent.

Candu enacts contingency plan after 800 workers strike

Candu Energy Inc. enacted a contingency plan Monday after about 800 nuclear scientists, engineers and technologists walked off the job on strike when negotiators failed to reach a deal by the deadline.

But the Society of Professional Engineers and Associates, which represents the workers, said there will be a noticeable effect on operations.

"There's not enough people to replace us, so work will definitely be impacted," union spokeswoman Michelle Duncan said, adding that Candu employees have stopped the ongoing safety analysis that's performed on reactors, and are not available to make any repairs to the reactors.

Candu spokeswoman Katherine Ward said the company does not operate any nuclear power plants so the strike action should have no impact on the day-to-day operations at the plants. "We've implemented extensive contingency plans to deliver on our customer priorities, and have been talking to our customers almost continually since before the strike began," said Ward.

Candu is owned by Montreal-based engineering giant SNC-Lavalin, and its employees design, build and service nuclear reactors that supply nearly half of Ontario's electricity and 16 per cent of Canada's overall electricity requirements.

Reactors designed by Candu supply more than 22,000 megawatts of power at sites around the world.

THE CANADIAN PRESS

OFFICE MANAGER

Reporting to the Office & Sales Admin Manager - Western Canada, the right candidate for this 13 month contract position will carry out a range of administrative and operational tasks related to the daily operations of the business in the Metro Calgary operation. As well as provide operational and executive support to the Sales Manager, Metro Calgary and any additional administrative support as directed.

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- Oversee the monthly purchases of office supplies and send required accruals to Metro English Canada
- Recommend and manage office furniture purchases, office supply purchases and all maintenance issues/requests
- General reception duties and Customer service requests
- Oversee couriers and mail; both incoming and outgoing
- Responsible for prompt office maintenance and repair work
- Supervise the implementation of new office systems from various shared service departments
- Review and update health and safety policies; coordinate with JHSC
- Responsible for maintaining accurate staff lists and directories
- Answering telephones, call screening and forwarding
- Deal with complex queries and complaints, by email, phone and in person
- Greet visitors and guests

REQUIREMENTS OF THE POSITION:

- 2-3 years of demonstrated success in a similar role
- Great organizational and time management skills
- Outstanding communication skills
- Intermediate knowledge of Microsoft Office - Word, Excel & Outlook
- Attention to details and thoroughness in the execution of tasks
- Must be a team player with a great, and we mean great, sense of humor

IInterested individuals who possess the skills described above are requested to submit their resume and cover letter via email to hr@metronews.ca no later than July 13, 2012. PLEASE QUOTE: "Office Manager - Calgary" in the subject line. All submissions will be treated as confidential.

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SO MANY THINGS WRONG WITH THIS PICTURE

SHE SAYS...
Jessica Napier
metronews.ca/shesays

Something strange happened last week: a Victoria's Secret model became newsworthy because of her distinct lack of curves. In a Facebook campaign for the lingerie brand's Swim Style Finder, a bow-legged model appears noticeably distorted and her beach bum has been entirely eradicated thanks to some overzealous airbrushing.

I guess, in some ways, it's kind of comforting to know that even Victoria's Secret models don't actually look like Victoria's Secret models.

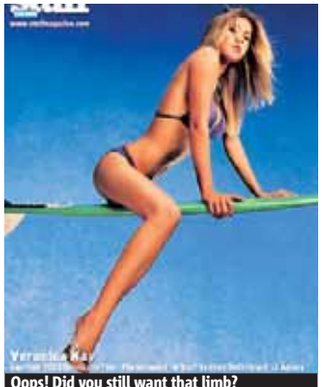
While we've come to expect that advertisers and magazines offer a somewhat imagined version of reality — a glossy fantasy land in which women wear couture to the office and spend hours preparing DIY oatmeal face masks — many take the desire to retouch reality a bit too far. Turning back time, erasing blemishes, smoothing cellulite and digitally carving bodies into nothing more than clothing racks with hollowed out cheekbones has become the norm.

Stars without Photoshop

It's validating to see that stars aren't so otherworldly when you take away the team of stylists and put down the Photoshop wand. Because, just like us, they suffer from the effects of sun damage and bad lighting, and too much tequila the night before.

Some egregious examples of Photoshop gone wrong are laughable — check out PhotoshopofHorrors.com (see example pictured below) for some particularly cringe-worthy examples — but there are also serious implications when it comes to reimagining human anatomy to create an unrealistic version of beauty.

Earlier this year, 14-year-old Julia Bluhm started a crusade against digitally altered photographs in Seventeen magazine. The eighth grader's online petition gathered more than 84,000 signatures, and, last week, Seventeen made a promise to "celebrate every kind of beauty" and use images of real girls and healthy models within the pages of the magazine. Of course, their advertisers aren't vowing to abstain from Photoshop, so I'm sure their young readers will still be subjected to whittled down waistlines and excessively whitened smiles.



Oops! Did you still want that limb?
NICK MCGLYNN/PHOTOSHOPOFHORRORS.COM

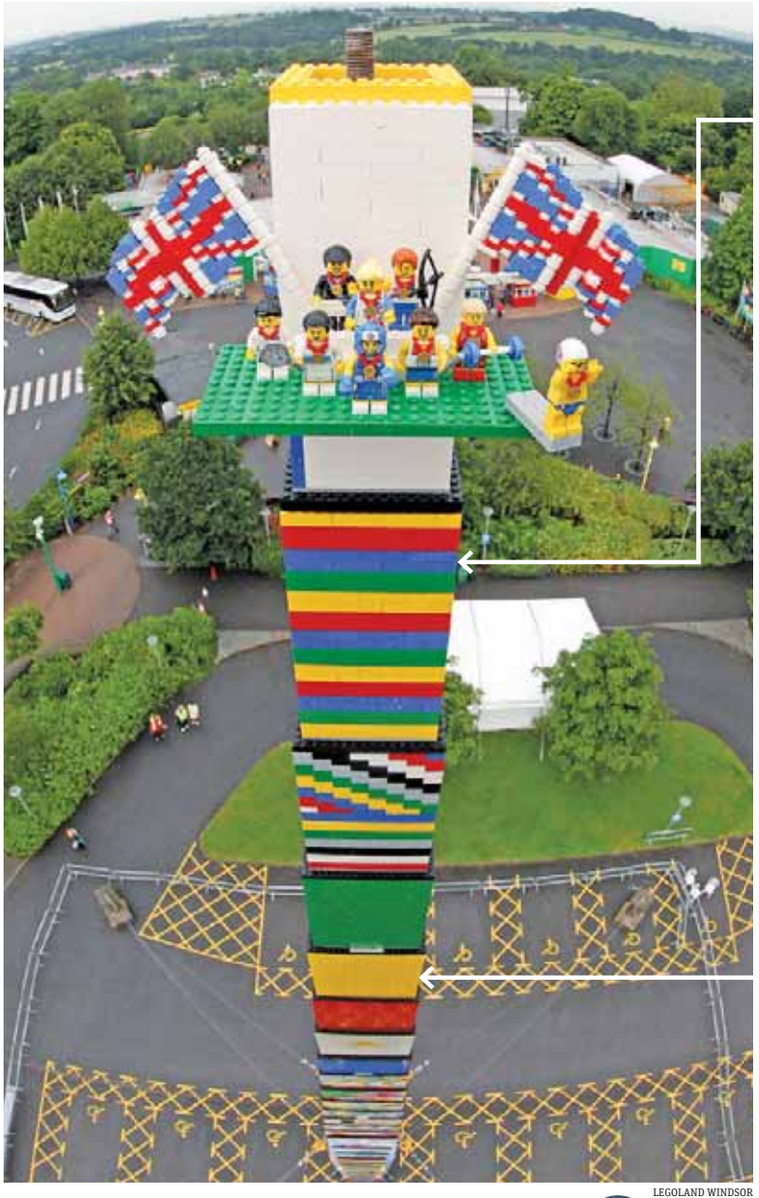
Personally, I'd much rather look at images of celebrities and models in their un-Photoshopped glory, without layers of makeup and Spanx. I know it's shallow, but I enjoy those close-up images taken at awkward angles that make me feel better about my own imperfections. The realness of celebrities is what I find interesting, not the airbrushed artifice.

It's validating to see that stars aren't so otherworldly when you take away the team of stylists and put down the Photoshop wand. Because, just like us, they suffer from the effects of sun damage and bad lighting, and too much tequila the night before. Except maybe Jennifer Aniston — whose flawless body is presumably a result of her dedication to Smartwater, yoga and her never-ending breakup diet.

Ultimately, what fashion magazines and advertisers might not understand is that most of us don't want to look at pages filled with hyper-real, computer-generated bodies. Readers want to see women with both style and substance and, preferably, with all of their limbs intact.

Follow Jessica Napier on Twitter @MetroSheSays

It's the real toy storeys



LEGOLAND WINDSOR

Crazy construction

Brits build world's tallest Lego tower

It's Olympic year, and the Brits are keen to break records. Britain has reclaimed, from South Korea, its record for the world's tallest tower made from pieces of Lego. During the weekend, hundreds of volunteers completed the 32-metre-high tower, which now resides at Legoland Windsor theme park near London. METRO

Tower of Lego? It's more Tower of Vertigo. LEGOLAND WINDSOR

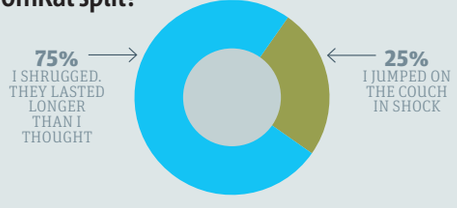
Tower in detail

- **Record height.** 32 metres (beating Seoul's record of 31.9 metres), the same height as a nine-storey building.
- **Brick work.** Made up of more than 500,000 pieces, it comprises over 160 sections and nine Lego figurines.
- **History.** Tallest Lego tower first recorded in London in 1988 was for a tower of more than 15 metres.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

What was your initial reaction to the TomKat split?



Twitter

@cbonns: The Calgary Paradox: on hot days like this, you have to wear a cowboy hat to avoid a red neck #stampede100

@KelseyHip: Is it just me or are white hats being dolled out like candy bars lately #yyc

@Skbee: In the land of cowboy hats and farmers tans #yyc can't wait to hit the grounds with the fam! #stampede100

@tomsingletron: Its WAY too hot to be working inside today #officeproblems #yyc

@figlovesfennel: I love #yyc and I appreciate #stampede. But seriously, horses smell bad.

@jennaprance: way too hot. Ya I said it. #yyc #toohot #summer

metro

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2

SCENE

Scene in brief

Kourtney adds one more Kardashian to the clan

Kourtney Kardashian has given birth to a baby girl and she's naming her Penelope. The reality TV star told E! News that her second child with boyfriend Scott Disick was born early Sunday at Cedars-Sinai Medical Center and weighed seven pounds, 14 ounces. Her full name is Penelope Scotland Disick. Kardashian said mother and child were "resting comfortably." She and Disick have a two-year-old son named Mason. Both of her pregnancies were highly publicized. Her sister, Kim, wrote on her website that the family was thrilled to finally meet the newborn.
THE ASSOCIATED PRESS

On the web

For tabloid fodder, Cruise-Holmes split a celebrity divorce like the good ol' days

Between the mega-success of this spring's The Avengers — with a worldwide take of more than $1 billion — and the anticipated arrival of The Dark Knight Rises later this month, it's quite the year for comic book movies, making this week's San Diego Comic-Con that much more exciting. Here's some of the stuff we're looking forward to most at the annual nerd-fest, and be sure to follow along on Twitter (@nedrick) for behind-the-scenes updates from the Con all weekend long.

NED EHRBAR
Metro World News in Hollywood

Comic-Con sneak peek

Movies

Comic-Con has become the proving ground for studio blockbusters, and with a lot of franchises coming to an end — Christopher Nolan's Batman series for example — the big question is what will be keeping fans lining up for the next few years.

The Hobbit: Peter Jackson completed principal photography on his two-film adaptation of the J.R.R. Tolkien classic just last week, so hopefully he'll have something exciting.

Iron Man 3: While filming hasn't started yet on the franchise juggernaut and Avengers followup, fans will be eager for whatever surprises Marvel super-producer Kevin Feige decides to unveil. Who knows, maybe Robert Downey Jr. will even make an appearance.

Elysium: Visionary filmmaker Neill Blomkamp is bringing in some big guns for his followup to 2009's District 9, including stars Matt Damon and Jodie Foster — not exactly a familiar Comic-Con face. We're just excited to learn more about the class warfare sci-fi film, to be released next March.

Django Unchained: We're stoked to get a glimpse at Quentin Tarantino's next flick, a revenge-fueled western starring Jamie Foxx as a freed slave. Tarantino will be on hand along with Foxx and Christoph Waltz.

The Hobbit. HANDOUT

Benedict Cumberbatch GETTY

TV

Hits of the small screen have become a bigger part of Comic-Con — this year marks the first time TV shows have held panels in the massive Hall H, usually the exclusive domain of studio films. We'll be watching out for news on some returning shows and some new entries.

The Walking Dead: The popularity of the zombie drama's first appearance at Comic-Con two years ago caught organizers off-guard, but by now they should be ready for the massive fan outpouring. And with the show's third season debuting in October, we're hoping to learn some juicy details.

Community: The cast of the quirky comedy with a passionate — if small — fan base returns to Comic-Con on the heels of series creator Dan Harmon's news-making termination this spring. We're curious to hear what direction the show will take with new bosses — and a reduced episode order.

Elementary: The BBC's modernized Sherlock, starring Benedict Cumberbatch, has been a major success, so an American take was almost inevitable. This one finds a still-British Holmes (played by Johnny Lee Miller, who co-starred with Cumberbatch onstage in Frankenstein last year) fresh out of rehab and in New York, accompanied by a female Watson (Lucy Liu).

Zombies

Comic-Con taking place a week earlier this year — due to the Olympics — means the middle of the fest falls on Friday the 13th, amping up the already prevalent Halloween-in-July feel around Downtown San Diego. And zombies are proving to be the hot ticket his year.

Zombie Walk: Celebrating its sixth year at the Con, this parade of undead enthusiasts promises to be the biggest yet. Hundreds of zombified folks will take over the Gaslamp Quarter.

The Walking Dead Escape: The popular zombie cable series is taking over Petco Park, home of the San Diego Padres, to create a zombie apocalypse survival course.

The Walking Dead HANDOUT

DVD reviews

American Reunion

Director. John Hurwitz, Hayden Schlossberg

Stars. Jason Biggs, Alyson Hannigan, Seann William Scott

●●●○○

American Reunion, co-directed and co-written by Jon Hurwitz and Hayden Schlossberg, might just be the funniest issue yet from the American Pie franchise factory. Thirteen years has passed since the five lads from American Pie made a pact to lose their virginity at prom; now there's a desperate pitch to rekindle stalled libidos at a high school reconvening. Remarkably, American Reunion manages to get every major original cast member back. The directors are unable to shepherd this large cast to a new destination — American Reunion rehashes the same old gags over a ponderous 112 minutes.
PETER HOWELL

Comic-Con Episode IV: A Fan's Hope

Director. Morgan Spurlock

Stars. Kevin Smith, Stan Lee

●●●●○

A funny thing happens at a geek convention in Morgan Spurlock's latest documentary, Comic-Con Episode IV: A Fan's Hope, and it's not the usual riffs. The annual summer nerd nirvana in San Diego would ordinarily be like shooting fish in a barrel for Spurlock, whose previous docs have skewered McDonald's, Osama bin Laden and movie product placements. Spurlock realizes this, and instead approaches "The Con" from the perspective of a highly intrigued observer.
PETER HOWELL

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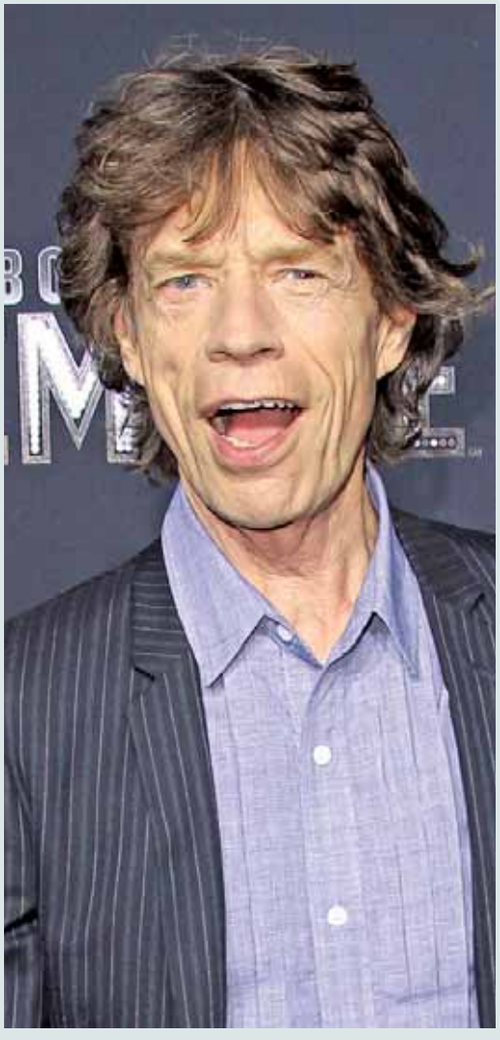
METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



THE WORD
Monica Weymouth
Metro World News in New York

Jolie had no love for Jagger's moves

You can add Mick Jagger to the long list of people bewitched by Angelina Jolie.

In a new biography, Mick: The Wild Life and Mad Genius of Jagger, Christopher Anderson claims the Rolling Stones frontman became obsessed with Jolie after she played a sullen stripper in the video for their 1997 single Anybody Seen My Baby.

Although Jolie was married to Jonny Lee Miller at the time, Anderson claims that Jagger left her countless voicemails during which he was "virtually sobbing" and pursued her for several years.

Jolie didn't return his calls, but her mother "loved Mick for Angie and felt that he could teach her about fame," according to a family friend.

So why would Jagger waste his time on the one half-naked 22-year-old actress who wouldn't call him back?

"She scares me a little. I like that," he's quoted as admitting in the book.

This, mind you, from the man who spent decades waking up on hotel floors next to the hungover ghost of Keith Richards.

Angelina, we are, as always, impressed.

Sienna Miller ALL PHOTOS GETTY IMAGES

The stork has come for Sienna

Sienna Miller gave birth to a baby girl in London over the weekend, according to Us Weekly. This is the first child for Miller and fiancé Tom Sturridge. The notoriously press-shy Miller has said very little about her pregnancy, but in April she did open up to British Vogue: "Even though I'm under strict instructions not to say anything, as it would completely defeat the point of everything I've tried to achieve in the last eight years, I'm feeling fine. It's all progressing nicely and it's very exciting," she said.

Curtains may be closing on Holmes-Cruise show

After two weeks of drama, Katie Holmes and Tom Cruise have put a quick and tidy end to their divorce circus. The couple reached a settlement yesterday, which will avoid a messy court hearing later this month.

While there's no word on the terms of the agreement, Holmes is rumoured to get custody of daughter Suri, while Cruise will have generous visitation rights.

As for the statements, we're going to hand it to Team Cruise's lawyers for giving up the least amount of information in the blandest way possible:

"The Tom Cruise-Katie Holmes case has been settled with a signed agreement. Tom is really pleased we got there."

Twitter

@ActuallyNPH
Taking the train from Paris to London. Am I wrong, or is travel by train the greatest, calmest, classiest thing ever?

@ebertchicago
As an experienced ex-drunk, I want to know: How do the guys on "Mad Men" drink like that all day and get home (or anywhere) in one piece?

@AlbertBrooks
Dreamt I was sick and had to go before a death panel. They said I should die but they really liked my movies.

@SarahKSilverman
Ironically, "note to self" is only ever said for other people's benefit

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metro
CALGARY STAMPEDE
Tuesday, July 10, 2012

Santiago Herrera, 3, takes in some of the kids activities at the Calgary Stampede. The annual BMO Kids' Day will be held Wednesday on the Stampede grounds. CANDICE WARD/FOR METRO

Saddle up for interactive fun

Kids' Day. Children can get up close to animals, talk to farmers and much more on Wednesday

TESSA CLAYTON
For Metro

The annual BMO Kids' Day kicks off again Wednesday morning, with plenty in store for families who make their way down to the Stampede grounds.

Besides a free pancake breakfast and entertainment shows at the Grandstand beginning at 7:50 a.m. featuring a freestyle soccer performance, Kids' Day activities extend into the Kid Zone and beyond.

"Ag-tivity in the City has lots of free activities for everybody to learn about agriculture and where their food comes from," said Danielle Lee, the chair of the ag-tivity committee.

The ag-tivity tent will open at 9 a.m. Wednesday, including Country Critters, which features local livestock such as llamas, alpacas and goats. Interactive demonstrations about cow milking, rope making, and animal talks will take place throughout the day, including an auction where kids can bid to buy llama kisses.

"It's a great opportunity for people to get up close to animals, learn how their food is produced, they can talk to farmers and see what kind of crops we grow here in Alberta and get a grasp of life on the farm," Lee added.

The tent is also full of other hands-on activities, including trying to identify farmer's tools by touch through black boxes, and try their hand at barnyard chores as well.

"The Agrium Seed Survivor is where kids can learn all about plants with interactive computer programs and games — there's lots to see and do inside the tent," said Lee.

The Milk and Cookie shack will also be selling treats, the proceeds of which will go to the Calgary Food Bank.

Kids and their parents can also take part in the Yard Smart Challenge, through the city and the Calgary Horticulture Society, which aims to promote water awareness in your yard.

Other performances include Splash 'N Boots, HOJA, mini chuckwagon races and Rodeo Riders, and the life-sized board game, Loonies & Lassos, will again be held in the Kids Zone.

More information

- Free admission from 6-9 a.m. for kids aged 12 and younger and accompanying adults.
- The pancake breakfast starts at 8 a.m.

Stampede fair-goers pet a llama at Country Critters during a demonstration at the Ag-tvity in the City tent, which will be one of the spots holding lots of free, interactive kid-friendly activities on Kids' Day. TESSA CLAYTON/FOR METRO

Surviving Stampede made easy: How to get through the week

With so much to do and seemingly so little time, things can get a little hectic around the Calgary Stampede.

Whether it's mapping out the best route to the countless deep fried food, planning your nightly musical entertainment, or standing in line early enough to get in to Nashville North — and stay there — it doesn't hurt to be a little prepared.

Firstly, packing a bag with water and sunscreen is essential with the soaring temperatures this week.

Ensuring to drink plenty of fluids will keep you hydrated and also helps prevent the inevitable hangover, but don't forget to take a break in the shade every once in awhile, too.

Secondly, having a Stampede booklet for the week and a daily schedule is extremely helpful, especially if you are planning on catching a variety of shows and attractions.

It's best to plan ahead to avoid overlapping and missing out on anything. And don't forget about the pancake breakfasts — they're free!

Thirdly, bring money with you. This will avoid the lengthy line at the ATM and even helps set a limit so you don't keep spending more than you intended to on that cute little teddy bear you just overpaid for.

Also, remember to dress accordingly. It will be hot out and you will be sweaty, but it might also rain. If you can, it's good to layer and bring something like a hat or umbrella just in case.

And although there are so many things to remember, lastly is to have fun. Stampede comes around just once a year and then you have to wait until next summer for those little mini donuts.

Make the best of your days, whether it's soaking up the sun with a few drinks on the patio, hitting the Midway games and rides or just catching as many shows as you can.

It has been 100 years of the Greatest Outdoor Show on Earth for a reason, so enjoy it!

KRISTA SYLVESTER

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Coca-Cola Stage

Here's the lineup of who is playing the Coca-Cola Stage today:

- **Noon** — Splash 'N Boots
- **12: 30 p.m.** — Thomas & Friends
- **1: 30 p.m.** — Terry Stokes
- **3 p.m.** — Splash 'N Boots
- **3: 30 p.m.** — Thomas & Friends
- **4:30 p.m.** — Terry Stokes
- **9 p.m.** — Seether, above

Bling with a western flavour

Cowboy couture. What to wear at Stampede

KRISTA SYLVESTER
For Metro

Stampede fashion may be all about a good pair of jeans and a great cowboy hat, but that doesn't mean you can't spice up your outfit with a little "bling."

Alina Cerminara from Lammle's at Stampede Park says it's easy to add some "bling" in the form of accessories to make your clothes look more western or to simply spice things up.

"Bling is always hot. Adding rhinestones or studs to your belts, your hats, and the back of your jeans or on your shirts is just really hot right now," she said. "You can even add it to your regular clothes to make them look more western."

What's really popular this year, of course, is anything centennial in celebration of the Calgary Stampede's 100th anniversary.

"Like our commercial says, we want to turn 100 together," Cerminara said. "It's a really special year to commemorate."

That means centennial shirts, blue jeans, cowboy hats and cowboy boots are all available to celebrate the special milestone.

It's also important not to forget a good cowboy hat.

"Definitely, everyone needs a hat. And just trust your friends; if they say it looks good, that means it looks good," she said. "And the bigger, the better!"

Straw fashion hats are popular for women and good ol' fashioned Stetson cowboy hats are a hit with the men.

If people don't already have their Stampede fashion, or need more, they can always hit the park for anything and everything they need, Cerminara added.

"Just come on down and we can get you dressed and on your way in less than an hour."

Top it off

"Definitely, everyone needs a hat."
Alina Cerminara, from Lammle's

Alina Cerminara from Lammle's shows off some of this year's hottest accessories to add to your Stampede wear during the 100th anniversary of the Calgary Stampede. CANDICE WARD/FOR METRO

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calgarystampede.com

Frank Keller, owner of The Art of Tarot, located in the BMO Centre on the Stampede Grounds. Keller, along with other members of his team, are available during Stampede for palm and tarot card readings. CANDICE WARD/FOR METRO

It's all in the cards

KRISTA SYLVESTER
For Metro

No matter how well you think you know yourself or how many times you have had your cards read before, you can always learn something new through the art of tarot.

At least that's what I learned when I stopped by the Art of Tarot, conveniently tucked away in the air conditioned BMO Centre, when Deanna Epp read my cards and JoAnn Stoneberg read my palm.

While I didn't have any specific questions, Art of Tarot owner and reader Frank Keller says most people want to know about love, of course.

"Generally, everybody is mostly curious about relationships — that's what they really want to know about," he told me. "Then they back off and add finances, but nobody cares about money really — it's all about love."

But just because I didn't ask about love doesn't mean love isn't in the cards, among other things. But mainly my reader said something that resonated with me since she uttered the same words I miserably muttered the night before — "There is just not enough time in the day for everything you need and want to do."

Since my mom reads tarot cards, I know how accurate they can be — which reminds me, don't let your mother read your tarot cards — but I'm still astonished to hear Epp echo my same words.

When it comes to the hands, they speak a lot of languages and they are always changing, said Stoneberg.

I learned about the different lines on my hands and what they mean — which I won't go into details, but let's just say your "life line" doesn't tell you how long you are going to live, just how strongly you are living.

If you are curious about tarot cards or have a big decision ahead of you, the Art of Tarot is a must-stop at the Calgary Stampede for an affordable price.

Nashville North

Here's the lineup of who is playing the Nashville North stage today:

- **12:30 p.m.** — Pam Tillis, above
- **2 p.m.** — Karen Lee Batten
- **3 p.m.** — Pam Tillis
- **4:30 p.m.** — Marshall Dane
- **5:30 p.m.** — Karen Lee Batten
- **6:30 p.m.** — Marshall Dane
- **7:45 p.m.** — Karen Lee Batten
- **9:30 p.m.** — Gord Bamford
- **11:30 p.m.** — Shane Chisholm
- **12: 30 a.m.** — Shane Chisholm

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METRO

On the Web

Seventeen magazine offers 'body peace treaty' after teen crusader takes on altered photos

Cellulite: with you for life?

Fat. Cellulite can happen to anyone. Your age and size has little to do with it. Metro speaks to body and beauty experts to find out why some of us develop these dreaded lumps and bumps.

ROMINA MCGUINNESS
Metro World News

Women mainly, and men increasingly, spend huge amounts of time and money on anti-wrinkle creams, laser hair removal and personal trainers in order to get smooth, flawless skin. But there are some things no miracle cream can fix. Cellulite is one of them.

Why your skin looks lumpy

"Cellulite is fat, water and lymphatic fluid trapped in a webbing of tough collagen fibers under the skin," says Maria Hatzistefanis, founder beauty brand Rodial. "If this connective tissue becomes weakened, small pockets of fat and fluid can push through towards the surface, becoming more visible."

How it's formed

Skin type and hormones — rather than diet or exercise — determine the formation and appearance of cellulite, Julie Cichocki, beauty expert for cult beauty brand Karin Herzog (a favourite of Kate Middleton) tells Metro how it happens.

"Female hormones (estrogen) increase fat stores and dictate the pattern in which the fat is formed. Genetically, women form fat in a different pattern to men; around her hips and thighs and around the middle are the typical areas for cellulite. This is to make a woman's body curvy, attractive and fit for childbirth. Cellulite is formed just under the surface of the skin, in the hypodermis, which is the only layer where hormones govern the laying down of fat cells. If estrogen is high, fat cells will form in the hypodermis. Toxins are then stored in these fat cells and the more toxins we store, the bigger the surface size of the fat cell and the more water it can hold. As the fat cell swells, it becomes enlarged and lumpy."

Beauty Pick

Elemis: Body Detox Skin Brush

HOW TO: Brush upwards from the soles of the feet to boost sluggish circulation and remove dead skin cells.
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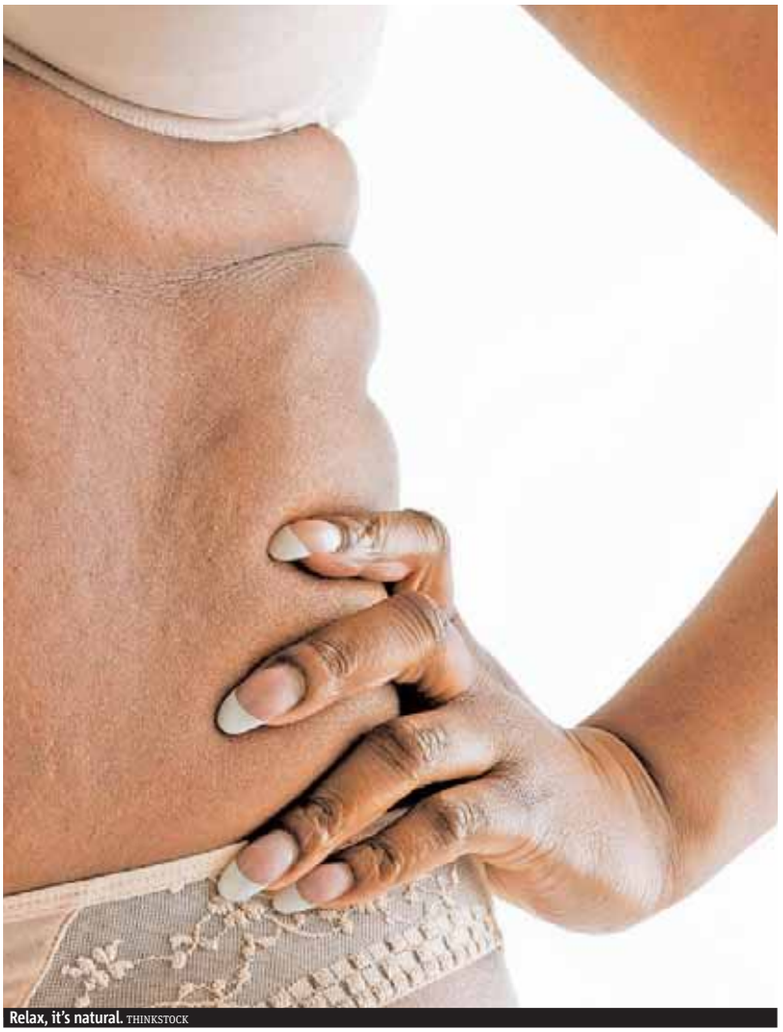
elemis.com

Quoted

"An estimated 90 per cent of women have cellulite and will never get rid of it. You can change the levels of it, but you will always have it."
Justin Gelband
celebrity fitness trainer



Relax, it's natural. THINKSTOCK

What about men?

A woman's skin is finer and more elastic than a man's so any cellulite formed will be more visible.

Celebrity trainer Justin Gelband states that while cellulite can occasionally be seen on men, they'd have to be really overweight.

"Women produce estrogen, which produces fat whereas men produce testosterone, which eats up fat," he adds.

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Eat it now, you could pay later

Food intolerance. Avoid the things that you are sensitive to – it will make you feel better and could help you lose weight

CELIA MILNE
life@metronews.ca

Be careful of what you eat. ISTOCK PHOTOS

Certain foods giving you gas?

Maybe you have a food intolerance. Kary Dick, 50, a Toronto mother of two children and owner of a clothing boutique, got tested and found out she was intolerant to corn, white potatoes, oats, barley, vinegar, and cheeses that are high in mold content such as cheddar, Parmesan and brie.

When Kary ate these foods, she felt bloated and tired. Her body was having an immune reaction to those foods. Once she avoided them and learned to substitute with other options, she felt much better.

Now her whole family avoids certain foods, such as gluten, which is a common source of food intolerance.

A recent study published in the Journal of Obesity and Weight Loss Therapy found that avoiding foods you are sensitive to can not only make you feel better, it can help you lose weight. Researchers in Miami conducted a study with 120 subjects.

They tested them and then removed reactive foods from their diets for 90 days.

At the end of the study, those who stopped eating foods they were intolerant to, lost weight, and had a reduced BMI, as well as lower waist and hip measurement and decreased blood pressure.

"Since I changed my diet I am down in weight, I do not have any bloating and my energy level is much better," says Kary.

She is not alone. It's been estimated that 30 per cent of the population suffers from food intolerance.

The difference between food allergies and food intolerances is severity.

"An allergy is typically an immediate reaction that a person has as soon as they eat, inhale or contact a substance," says Dr. Mubina Jiwa, a naturopath in Toronto. "It can result in severe symptoms such as difficulty breathing, swelling of the lips and throat and it may be life-threatening.

"Intolerances, on the other hand, tend to manifest a few hours or up to several days after ingestion of a food. Typical aggravations vary and can include acne, eczema, psoriasis, joint pain, low energy, migraine, chronic congestion, indigestion, weight imbalance, bloating, or an overall feeling of ill health. These issues tend to be chronic and difficult to correlate to a specific food," she says.

Some food intolerance testing systems, such as a Canadian one called Hemocode, provide not only testing, but they also help customers to learn to live without problematic foods.

Intolerance

According to Gemoscan Canada the following are the 10 foods that Canadians are most commonly intolerant to:

- **Top 10.** pork, bananas, peanuts, wheat, aspartame, wheat flour, coffee, cocoa beans, oranges, tangerines

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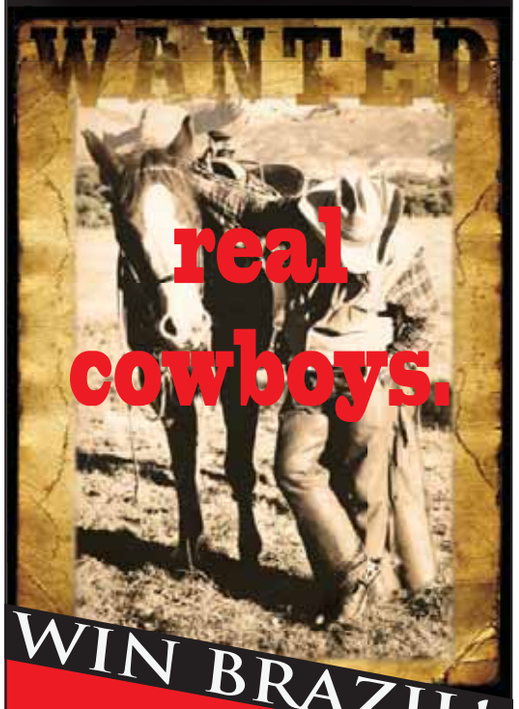

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Entertain guests — and taste buds — with unique combo

Spinach Salad with Cinnamon Almonds, Strawberries and Goat Cheese

This recipe serves eight. RYAN SZULC, FROM ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

ROSE REISMAN
for more, visit
rosereisman.com

The combination of spinach, spiced nuts, strawberries and goat cheese gives this salad loads of character.

Prepare the almonds in larger quantities and keep them in an airtight container for up to 2 weeks.

1. Preheat oven to 350 F. Line a baking sheet with foil and lightly coat with cooking spray.

2. Rinse the almonds with cold water. Drain but do not let them dry. Place them in a bowl and add the brown sugar and cinnamon. Toss to coat. Spread out on the prepared baking sheet and bake for 15 minutes, tossing once. Let cool, then remove from the baking sheet and chop coarsely.

3. Place the baby spinach, red pepper, strawberries and goat cheese in a large serving bowl.

4. Prepare the dressing by whisking together the apple cider vinegar, olive oil, apple juice concentrate, brown sugar, garlic and mustard in a small bowl. Pour the dressing over the salad and toss. Top with the chopped almonds.

ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

Ingredients

Cinnamon Almonds
- 1/4 cup whole almonds
- 1/3 cup packed brown sugar
- 1/2 tsp cinnamon

Salad
- 8 cups baby spinach
- 1 cup thinly sliced red bell pepper
- 1 cup sliced strawberries
- 1/2 cup crumbled goat cheese

Dressing
- 1 1/2 tbsp apple cider vinegar
- 1 tbsp olive oil
- 1 tbsp apple juice concentrate
- 1 tsp brown sugar
- 1/2 tsp chopped garlic
- 1/2 tsp Dijon mustard

Watermelon Salad. Light, refreshing & innovative

This salad brings together a tasty selection of healthy, flavourful ingredients from the Mediterranean along with watermelon.

The combination results in a light, refreshing salad that can be served as a snack or side dish with grilled chicken, meat or fish.

1. In a large bowl, place salad greens, watermelon, onion and feta cheese and mix to combine. Refrigerate. Just before serving, toss salad with olive oil and balsamic vinegar and garnish with pepper.

THE CANADIAN PRESS/ NATIONAL WATERMELON PROMOTION BOARD, WATERMELON.OR

Ingredients

- 1.5 l (6 cups) mixed salad greens
- 750 ml (3 cups) cubed watermelon
- 125 ml (1/2 cup) sliced onion
- 75 ml (1/3 cup) crumbled feta cheese
- 45 ml (3 tbsp) extra-virgin olive oil
- 30 ml (2 tbsp) balsamic vinegar
- Cracked pepper, to taste

Health Solutions

Top five fruits

NUTRI-BITES
Theresa Albert, DHN, RNCP
myfriendinfood.com

You are going to guess blueberries are the number one fruit, right?

Well, any fruit is a great snack — especially if it replaces a sugary treat! But what you are truly looking for is a fruit that is high in fibre, vitamins and minerals and, yet, low in calories.

What really separates the men from the boys is the cancer fighting carotenoid content and that is hiding deep inside the fruits that are tinged red.

Of course, berries are your buddy but if you want to go beyond them, these are even better...

Guava

Guava contains only 50 calories per half cup but packs a wallop of carotenoid. One guava has four times the vitamin C of an orange. Find a red guava, make sure it is soft and ripe and eat it like an apple. Also try cooking it down into a jam to spread on toast.

Watermelon

Two cups of watermelon contain merely 90 delicious calories and plenty of satisfying water. Feel free to use a blender on the pulp and freeze it into Popsicles.

Papaya

Papaya delivers helpful enzymes for an upset stomach along with its meagre 60 calories, super nutrients and fibre in one cubed cup.

Cantaloupe

The redder the better. One cup gives up only 50 calories, but five per cent of your magnesium needs and six per cent of your fibre. Go ahead, serve it with prosciutto. It's that good.

Pink Grapefruit

Grapefruit has that red pigment that is doing all sorts of good things to your body. One half is just 50 calories.

THERESA ALBERT IS AN AUTHOR, NUTRITIONIST AND HEALTH COMMUNICATOR IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM.

Advice

Cottage entertaining

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

I plan on having several friends and their families up to my cottage later this summer, however I'm not sure if it is OK to ask them to bring things, and if so, how do I ask? I specifically want to ask my friends to help with the food and gas expenses for the boat when they are water-skiing.
Cottage girl

Dear Cottage girl,

Every year this is a common problem amongst cottage-goers and their guests.

Firstly, may I say, if you are lucky enough to be an invited guest, don't wait to be asked, but take the initiative yourself to ask your hostess what you can bring. Have ideas ready for the kind of foods you would like to prepare that would travel easily and cook or re-heat easily at the cottage.

Now, as the hostess, have your game plan from the beginning.

When you invite your guests don't be afraid to say, "So Jane I'm really glad you are able to join us, now may I ask if you could please bring one of your world famous lasagnas and caesar salads to the cottage? I would love to serve that for lunch on Saturday. Just so you know, the head count will be four adults and six children."

And finally, the boat gas is the tough question, as you are asking for money.

What about saying something like, "Jane, I hope you understand but with the cost of gas these days, perhaps we can share some of the gas expense for the boat when the kids go water-skiing, as it's really expensive. We have calculated that a tank of gas costs $300 and lasts about four hours."

What's important is being straightforward and honest, but there is no shame in discussing what you need in terms of help to ensure the success of the weekend. Enjoy!

Cottages can be expensive, so guests should never visit empty-handed. ISTOCK

Forget about personality and values; let's give facial features its due credit

Facemate. Dating site matches people according to the shapes of their mugs

HEIDI PATALANO
Metro New York

Rita Wilson and Tom Hanks are seen by some to have similar faces. Maybe that's why they fit so well as a couple. GETTY IMAGES

It's not quite so strange when you really think about it: How many times have you looked at a couple and remarked that they could be brother and sister?

Those strange similarities a couple can share are no coincidence. Genetically, we have been trained to seek out those who have a face similar to our own, says founder of FindYourFacemate.com, Christina Bloom.

"There's part of the brain that's just focused on processing faces. It's the fusiform gyri. It's so important that we have a special area in our brain for it," Bloom says.

"If you think about human beings before we had language, or if you think about the way babies are — we learn things visually. That makes sense because that's how we mated. We just know what we like."

Bloom points to several examples of couples who have similar faces — Halle Berry and Olivier Martinez, and Tom Hanks and Rita Wilson, for instance.

She believes that matching people by their face shapes will ultimately lead to better chemistry and, hopefully, better coupling.

"After meeting (a date), you think of, 'Wow, it's because of his or her great personality, that's why I like them.' Well no," she says. "You already saw his or her face, and you were interested because of his or her face."

Bloom says that the criteria for a good match comes in this descending order: chemistry, style, values and personality. That's why her website puts looks first and foremost.

After uploading a photo, the site's algorithm analyzes 11 points on the face and matches it with others who share those traits. In the next three months, Bloom hopes to improve the algorithm by using 62 points on the face for more specialized matches.

To Bloom, the website is just helping us do what we already intuitively know how to do. "I've been looking at couples for 20-plus years, and I just think it's innate," she says.

"Basically, we're doing it without even knowing that we're doing it. I do not know how people don't see it."

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Switching banks is more complicated than it has ever been. ISTOCK IMAGES

Breaking up is hard to do

Divorcing your bank. A no-frills financial institution can save you money, but make sure it's right for you

YOUR MONEY
Alison Griffiths
money@metronews.ca

Perhaps the only life event that's worse than moving house is moving banks. Back in the olden days, you simply closed a chequing and maybe a savings account, took the money and went somewhere else.

Nowadays, with automatic debits and deposits, e-billing and multiple investment accounts from RRSPs to TFSAs and RESPs, packing up to leave a bank requires a whole lot more effort.

Mortgages or lines of credit can't easily be transferred and most people have three to six accounts and up to 15 automatic transactions that must be closed and reopened or redirected. So, divorcing your bank requires some thought.

I've stayed with banks simply because of a good relationship with a senior manager. However, bank employees often move to different branches, which means you can't count on the service continuing.

Alison's money rule

Pick the right bank by knowing your current and future banking needs.

Not only that, but more rigid guidelines with respect to credit scores and debt-to-income ratios today give bank staff less latitude to bend the rules, even for their best clients.

Increasingly, the issue for consumers is banking fees, account, overdraft, debit and so on. About ten years ago, I got so fed up with rising fees at my bank that I switched to the low-fee, almost virtual President's Choice Financial with kiosks in Loblaws stores.

I did save tons of dough — actually, more than $3,000 over a couple of years. However, there is a downside, as I quickly discovered.

If you have a complicated financial life, as I do, with Canadian and U.S. transactions and a business, you will find the no-frills banks can't provide a full suite of services such as convenient currency exchange. Also, some things like stop payments are hit and miss.

Additionally, if you have investment accounts, it's a little more complicated and you may elect to keep them at a regular bank.

However, virtual banks are offering RRSPs and TFSAs. ING and President's Choice, for example, have some investment options beyond GICs — mostly mutual funds. And at ING you can now open a business account.

You certainly can save money and streamline your life by going to a no-frills banker. Just be sure that what's offered fits your needs.

Online tools

- **Details.** Check out the Financial Consumer Agency of Canada's bank selector tool: fcac-acfc.gc.ca/eng/resources/toolCalculator/banking/index-eng.asp.

Are you a smart spender or a cheapskate?

FUN AND FRUGAL
Leslie Scorgie
money@metronews.ca

I was at a corporate Stampede function last week in Calgary and a gentleman asked what I write about. "Frugality," I said. To which he responded jokingly, "So, you're a cheapskate."

Frugal living is not the same thing as being cheap. Frugal people maximize the dollars they've worked hard to earn by negotiating prices, finding deals, couponing, buying on sale and determining the best ways to buy products for the lowest possible price.

Sure, sometimes my friends think I'm cheap because I don't drive a fancy car, I love free events, I buy in bulk, and Kijiji is my best friend, but I disagree. I'm a smart spender.

Cheapskates have a bad rap for not buying what they need when they need it because they are afraid to spend their money. When they do spend, they'll buy a cheap product that doesn't last, which then creates unnecessary waste and costs more long-term because it breaks and needs to be replaced.

Are you more frugal than cheap?

- Cheap: Do you purchase the lowest-priced product regardless of quality?
- Frugal: Are you willing to pay more for affordable-quality products?
- Cheap: Do you avoid tipping a service provider at all costs?
- Frugal: Do you tip according to the quality of service?
- Cheap: When the bill comes, do you bolt out of the restaurant and hope your friends overpaid?
- Frugal: Do you divide up the dinner bill according to who ate what?
- Cheap: Are you into pirating books, movies and music?
- Frugal: Do you like to borrow books, movies and music from friends or the library?
- Cheap: Do you avoid offering to pay for a pal's coffee?
- Frugal: Do you swap back and forth between who pays for coffee?
- Cheap: Do you show up at dinner parties empty-handed?
- Frugal: Do you encourage friends to host potluck dinners so that nobody has to shoulder the entire grocery bill?

If your budget is pinched and you're desperate to save pennies, live frugally rather than cheaply. Buy higher-quality pieces like furniture, appliances, clothing and household accessories second-hand.

Wait and save up to make purchases. Buy fewer items when grocery shopping, coupon, negotiate prices and use a budget to monitor your progress.

And, if you are in dire need of something essential such as medication, transit passes or baby formula, don't go without. That could be harmful to your health and livelihood. Instead, reprioritize your budget, get financial assistance, apply for subsidies and take advantage of tax credits.

Anyone can live frugally without compromising their lifestyle. ISTOCK IMAGES

With a little effort, anyone can live frugally, save money and not compromise their lifestyle.

How to manage your money while going to school

Although post-secondary education is expensive, there are several ways to reduce costs and the financial weight of going to school.

These are described in a new online guide, Paying for Post-Secondary Education from the Financial Consumer Agency of Canada (@FCACan), available at itpaystoknow.gc.ca.

Even though it's easy to get credit cards on campus, for example, you should use credit cards carefully and avoid using them at all if you cannot pay off the entire balance at the end of each month.

Reduce the financial burden of post-secondary education. NEWS CANADA

Other ways to save

Living in your own place while you go to school may be a wonderful experience, but it's much more expensive than living with your parents.

In 2009, the average expenses over a four-year program for a student living alone were $77,132, compared with $51,763 for a student living at home — a difference of $25,369.

If you cannot live with your parents, consider living with roommates. Sharing accommodation is usually much cheaper than living in a student residence or in your own apartment.

To reduce your education costs, you can buy used books and sell the ones you no longer need, or trade them for books you will need later. Check with local consignment shops for more information.

Tuition fees often include medical and dental insurance. But you can usually waive the coverage provided by the school if you are already covered by your parents' or employer's insurance plans.

If you choose not to have the coverage, the cost of the insurance that would have been included automatically in your tuition fees will usually be refunded to you. This may amount to several hundred dollars a year, depending on the school's insurance plan.

Public transit passes may also be included in tuition fees, or you may get a student discount.

Your student card is also a good savings tool, as many businesses offer discounts for students with cards. Ask your school's student association to give you a list of businesses offering such discounts. NEWS CANADA

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4

SPORTS

CFL

Stamps sign Canadian quarterback

The Stampeders have signed Canadian quarterback Brad Sinopoli to help Calgary overcome an injury to starting pivot Drew Tate. Sinopoli will serve as the third-string quarterback behind Kevin Glenn and Bo Levi Mitchell. It's a second chance for the native of Peterborough, Ont., who was cut at the end of the Stampeders' training camp after losing the third-string job to Mitchell.

THE CANADIAN PRESS

Horse racing

I'll Have Another sold

The Canadian owner of I'll Have Another says he sold his Kentucky Derby and Preakness winner to a farm in Japan for $10 million US, a price that far exceeded any amount he was offered in the United States. J. Paul Reddam made his comments on the bloodhorse.com website. I'll Have Another was retired with a tendon injury before he was to run in the Belmont Stakes and attempt to become the first Triple Crown champion in 34 years.

THE ASSOCIATED PRESS

Mobile sports

It's the all-star break and much of baseball has been turned upside down since the final out of the crazy World Series last October. For example, Pittsburgh and Washington are together in first place for the first time. Scan the code to read what else has changed.

Cycling. Armstrong's lawsuit against USADA dismissed for now

A federal judge handed Lance Armstrong a quick setback Monday as he went to court to save his seven Tour de France titles and his reputation as one of the greatest cyclists ever.

Armstrong filed a lawsuit aimed at preventing the U.S. Anti-Doping Agency from moving ahead with charges that he used performance-enhancing drugs throughout much of his long career.

Within hours, U.S. District Court Judge Sam Sparks in Austin dismissed the 80-page complaint. He said it seemed more intended to whip up public opinion in Armstrong's favour than focus on legal arguments.

Sparks, however, did not rule on the merits of Armstrong's claims and will let him refile the lawsuit. Armstrong attorney Tim Herman said he will do that, possibly on Tuesday.

The lawsuit claimed USADA rules violate athletes' constitutional right to a fair trial, and that the agency doesn't have jurisdiction in Armstrong's case. It also accused USADA's chief executive, Travis Tygart, of waging a personal vendetta against the cancer survivor who won the Tour de France every year from 1999 to 2005.

The judge was not impressed with a filing that dedicated dozens of pages to Armstrong's career history and disputes with anti-doping officials.

Herman said he got the message.

"When (Sparks) speaks, I listen," he said. "It doesn't change the legal issues involved or any of the relief that we seek."

THE ASSOCIATED PRESS

Aggresive move

The lawsuit was an aggressive, and expected, move as Armstrong seeks to preserve his racing legacy and his place as an advocate for cancer survivors and research. He wants Sparks to bar USADA from pursuing its case or issuing any sanctions against him.

Fielder puts on a show at the home-run derby

American League all-star Prince Fielder of the Detroit Tigers swings during the State Farm Home Run Derby Monday at Kauffman Stadium in Kansas City, Mo. Fielder became only the second player to win multiple titles in the home-run derby, beating Toronto Blue Jay Jose Bautista, 12-7, in the final. JAMIE SQUIRE/GETTY IMAGES

Parise and Suter are Wild for Minnesota

Zach Parise, left, and Ryan Suter are introduced during a press conference Monday at Xcel Energy Center in St Paul, Minn. HANNAH FOSLIEN/GETTY IMAGES

NHL. Team hopes signings are the tip of the iceberg in attracting talent to mid-market team

Minnesota has never been "flyover country" to Zach Parise.

The star forward grew up there, honed his hockey skills there and built a house there to make sure his roots remain in Minnesota for the long term. Yet even in hockey-mad Minnesota, where the passion for the sport may only be rivaled by the country on its northern border, the Twin Cities has always been considered a medium-sized market that doesn't have enough sizzle to lure the biggest names in the game.

When Parise and fellow blue-chip free agent Ryan Suter decided to sign matching 13-year, $98-million US contracts with the Wild, part of their aim was to turn Minnesota into a destination for the best pros in the league.

"I think at the end of the day, hopefully, with Ryan and I coming here, good players want to play with good players," Parise said Monday when he was introduced along with Suter at a press conference. "Hopefully that helps influence some people if they need some, and we have a lot of friends around the league so hopefully that will help, too."

In the days since the big signings, fans have burned up the phone lines, gobbling up nearly 2,000 season tickets and buying every piece of memorabilia with "Parise" or "Suter" on it that they can get their hands on.

THE ASSOCIATED PRESS

Quoted

"I think Minnesota is a big-time market. I think it's going to get even bigger."

Ryan Suter, Wild defenceman

Soccer

John Terry racism trial gets underway

The racism trial of John Terry began Monday with prosecutors claiming the Chelsea captain acknowledges using offensive language as a "sarcastic exclamation."

Terry came face-to-face in court with Queens Park Rangers defender Anton Ferdinand, whom he is accused of racially abusing during a Premier League match in October. Terry, 31, faces a maximum fine of $3,900 US if convicted of racial abuse during a game.

Ferdinand, who is black, gave evidence that he had not initially heard Terry use racist language during the game at Loftus Road.

THE ASSOCIATED PRESS

Cycling

Wiggins wins in Tour time trial

Bradley Wiggins showed he's the man to beat at the Tour de France, winning the first big time trial Monday and cementing his hold on the yellow jersey he wants to take home in two weeks.

THE ASSOCIATED PRESS

NASCAR

'B' sample request for Allmendinger

AJ Allmendinger was suspended by NASCAR just before Saturday night's race at Daytona for failing a random drug test. NASCAR on Monday received an official request for Allmendinger's "B" sample to be tested.

THE ASSOCIATED PRESS

CFL

Eskimos' Bowman out for the season

The Edmonton Eskimos will be without Adarius Bowman for the rest of season after the veteran slotback tore both the ACL and MCL in his left knee. He was hurt in Sunday's 17-1 road loss to the Saskatchewan Roughriders. THE CANADIAN PRESS

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AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
New York	52	33	.612	—
Baltimore	45	40	.529	7
Tampa Bay	45	41	.523	7½
Boston	43	43	.500	9½
Toronto	43	43	.500	9½

CENTRAL DIVISION

	W	L	Pct	GB
Chicago	47	38	.553	—
Cleveland	44	41	.518	3
Detroit	44	42	.512	3½
Kansas City	37	47	.440	9½
Minnesota	36	49	.424	11

WEST DIVISION

	W	L	Pct	GB
Texas	52	34	.605	—
Los Angeles	48	38	.558	4
Oakland	43	43	.500	9
Seattle	36	51	.414	16½

Sunday's results
Detroit 7, Kansas City 1
Tampa Bay 7, Cleveland 6
Toronto 11, Chicago White Sox 9
L.A. Angels 6, Baltimore 0
Oakland 2, Seattle 1, 13 innings
Texas 4, Minnesota 3, 13 innings
N.Y. Yankees 7, Boston 3
Tuesday's game
All-Star Game at Kansas City, MO, 8:15 p.m.

ALL-STAR GAME ROSTERS

(x-starter; y-injured will not play, z-voted final spot)

AMERICAN LEAGUE

PITCHERS
Ryan Cook, rh, Oakland
z-Yu Darvish, rh, Texas
Matt Harrison, lh, Texas
Felix Hernandez, rh, Seattle
Jim Johnson, rh, Baltimore
Joe Nathan, rh, Texas
Jake Peavy, rh, Chicago
Chris Perez, rh, Cleveland
David Price, lh, Tampa Bay
Fernando, Rodney, rh, Tampa Bay
y-CC Sabathia, lh, New York
Chris Sale, lh, Chicago White Sox
Justin Verlander, rh, Detroit
Jered Weaver, rh, Los Angeles
y-C.J. Wilson, lh, Los Angeles
CATCHERS
Joe Mauer, Minnesota
x-Mike Napoli, Texas
Matt Wieters, Baltimore
INFIELDERS
Elvis Andrus, Texas
x-Adrian Beltre, Texas
Asdrubal Cabrera, Cleveland
Miguel Cabrera, Detroit
x-Robinson Cano, New York
x-Prince Fielder, Detroit
x-Derek Jeter, New York
Ian Kinsler, Texas
Paul Konerko, Chicago White Sox
OUTFIELDERS
x-Jose Bautista, Toronto
x-Curtis Granderson, New York
x-Josh Hamilton, Texas
Adam Jones, Baltimore
Mike Trout, Los Angeles
Mark Trumbo, Los Angeles
Designated Hitters
Billy Butler, Kansas City
Adam Dunn, Chicago White Sox
x-David Ortiz, Boston

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Washington	49	34	.590	—
Atlanta	46	39	.541	4
New York	46	40	.535	4½
Miami	41	44	.482	9
Philadelphia	37	50	.425	14

CENTRAL DIVISION

	W	L	Pct	GB
Pittsburgh	48	37	.565	—
Cincinnati	47	38	.553	1
St. Louis	46	40	.535	2½
Milwaukee	40	45	.471	8
Chicago	33	52	.388	15
Houston	33	53	.384	15½

WEST DIVISION

	W	L	Pct	GB
Los Angeles	47	40	.540	—
San Francisco	46	40	.535	½
Arizona	42	43	.494	4
San Diego	34	53	.391	13
Colorado	33	52	.388	13

Sunday's results
Chicago Cubs 7, N.Y. Mets 0
Atlanta 4, Philadelphia 3
Colorado 4, Washington 3
Pittsburgh 13, San Francisco 2
Milwaukee 5, Houston 3, 10 innings
St. Louis 5, Miami 4
Cincinnati 4, San Diego 2
Arizona 7, L.A. Dodgers 1

NATIONAL LEAGUE

PITCHERS
Matt Cain, rh, San Francisco
Aroldis Chapman, lh, Cincinnati
R.A. Dickey, rh, New York
Gio Gonzalez, lh, Washington
Cole Hamels, lh, Philadelphia
Joel Hanrahan, rh, Pittsburgh
Clayton Kershaw, lh, Los Angeles
Craig Kimbrel, rh, Atlanta
Lance Lynn, rh, St. Louis
Wade Miley, lh, Arizona
Jonathan Papelbon, rh, Philadelphia
Stephen Strasburg, rh, Washington
Huston Street, rh, San Diego
CATCHERS
y-Yadier Molina, St. Louis
x-Buster Posey, San Francisco
Carlos Ruiz, Philadelphia
INFIELDERS
Jose Altuve, Houston
Starlin Castro, Chicago Cubs
y-Ian Desmond, Washington
z-David Freese, St. Louis
x-Rafael Furcal, St. Louis
Chipper Jones, Atlanta
Bryan LaHair, Chicago
x-Pablo Sandoval, San Francisco
x-Dan Uggla, Atlanta
x-Joey Votto, Cincinnati
David Wright, New York
OUTFIELDERS
x-Carlos Beltran, St. Louis
Michael Bourn, Atlanta
Ryan Braun, Milwaukee
Jay Bruce, Cincinnati
x-Melky Cabrera, San Francisco
Carlos Gonzalez, Colorado
Bryce Harper, Washington
Matt Holliday, St. Louis
y-Matt Kemp, Los Angeles
Andrew McCutchen, Pittsburgh
y-Giancarlo Stanton, Miami

HOME RUN DERBY WINNERS

2012 - Prince Fielder, Detroit Tigers (Kauffman Stadium)
2011 - Robinson Cano, N.Y. Yankees (Chase Field)
2010 - David Ortiz, Boston Red Sox (Angel Stadium)
2009 - Prince Fielder, Milwaukee Brewers (Busch Stadium)
2008 - Justin Morneau, Minnesota Twins (Yankee Stadium)
2007 - Vladimir Guerrero, Los Angeles Angels (AT&T Park)
2006 - Ryan Howard, Philadelphia Phillies (PNC Park)
2005 - Bobby Abreu, Philadelphia Phillies (Comerica Park)
2004 - Miguel Tejada, Baltimore Orioles (Minute Maid Park)
2003 - Garret Anderson, Anaheim Angels (U.S. Cellular Field)
2002 - Jason Giambi, New York Yankees (Miller Park)
2001 - Luis Gonzalez, Arizona Diamondbacks (Safeco Field)
2000 - Sammy Sosa, Chicago Cubs (Turner Field)
1999 - Ken Griffey Jr., Seattle Mariners (Fenway Park)
1998 - Ken Griffey Jr., Seattle Mariners (Coors Field)
1997 - Tino Martinez, New York Yankees (Jacobs Field)

GOLF

WORLD RANKING

Through July 8

1. Luke Donald	Eng	9.83
2. Rory McIlroy	Nir	8.68
3. Lee Westwood	Eng	8.11
4. Tiger Woods	USA	7.73
5. Webb Simpson	USA	6.61
6. Bubba Watson	USA	6.19
7. Jason Dufner	USA	5.76
8. Matt Kuchar	USA	5.73
9. Justin Rose	Eng	5.61
10. Hunter Mahan	USA	5.29
11. Graeme McDowell	Nir	5.12
12. Adam Scott	Aus	5.06
13. Steve Stricker	USA	4.77
14. Martin Kaymer	Ger	4.70
15. Dustin Johnson	USA	4.66
16. Phil Mickelson	USA	4.60
17. Zach Johnson	USA	4.49
18. Charl Schwartzel	SAf	4.44
19. Rickie Fowler	USA	4.40
20. Louis Oosthuizen	SAf	4.39
21. Jason Day	Aus	4.29
22. Sergio Garcia	Esp	4.09
23. Keegan Bradley	USA	3.82
24. Bill Haas	USA	3.81
25. Bo Van Pelt	USA	3.80
26. Peter Hanson	Swe	3.70
27. Ian Poulter	Eng	3.67
28. Francesco Molinari	Ita	3.67
29. Brandt Snedeker	USA	3.65
30. Nick Watney	USA	3.58
31. Paul Lawrie	Sco	3.53
32. Jim Furyk	USA	3.36
33. David Toms	USA	3.32
34. K.J. Choi	Kor	3.23
35. Nicolas Colsaerts	Bel	3.19
36. Martin Laird	Sco	3.10
37. Thomas Bjorn	Den	3.08
38. John Senden	Aus	3.07
39. Carl Pettersson	Swe	3.00
40. Ernie Els	SAf	3.00

CYCLING

TOUR DE FRANCE

At Besancon, France
Ninth Stage
A 25.8-mile individual time trial from Arc-et-Senans to Besancon
1. Bradley Wiggins, Britain, Sky Procycling, 51 minutes, 24 seconds; 2. Chris Froome, Britain, Sky Procycling, 35 seconds behind; 3. Fabian Cancellara, Switzerland, RadioShack-Nissan, :57; 4. Tejay Van Garderen, United States, BMC Racing, 1:06; 5. Sylvain Chavanel, France, Omega Pharma-QuickStep, 1:24; 6. Cadel Evans, Australia, BMC Racing, 1:43; 7. Peter Velits, Slovakia, Omega Pharma-QuickStep, 1:59; 8. Vincenzo Nibali, Italy, Liquigas-Cannondale, 2:07; 9. Denis Menchov, Russia, Katusha, 2:08; 10. Andreas Kloeden, Germany, RadioShack-Nissan, 2:09.
11. Maxime Monfort, Belgium, RadioShack-Nissan, 2:15; 12. Tony Martin, Germany, Omega Pharma-QuickStep, 2:16; 13. Haimar Zubeldia, Spain, RadioShack-Nissan, 2:20; 14. Rui Costa, Portugal, Movistar, 2:22; 15. Janez Brajkovic, Slovenia, Astana, 2:26; 16. Jens Voigt, Germany, RadioShack-Nissan, 2:44; 17. Lieuwe Westra, Netherlands, Vacansoleil-DCM, 2:45; 18. Tony Gallopin, France, RadioShack-Nissan, 2:46; 19. Jeremy Roy, France, FDJ-Big Mat, 2:52; 20. Jerome Coppel, France, Saur-Sojasun, 2:54.
Also
26. Jurgen Van den Broeck, Belgium, Lotto Belisol, 3:09; 44. Frank Schleck, Luxembourg, RadioShack-Nissan, 4:32.
Overall Standings
1. Bradley Wiggins, Britain, Sky Procycling, 39 hours, 9 minutes, 20 seconds; 2. Cadel Evans, Australia, BMC Racing, 1:53 behind; 3. Chris Froome, Britain, Sky Procycling, 2:07; 4. Vincenzo Nibali, Italy, Liquigas-Cannondale, 2:23; 5. Denis Menchov, Russia, Katusha, 3:02; 6. Haimar Zubeldia, Spain, RadioShack-Nissan, 3:19; 7. Maxime Monfort, Belgium, RadioShack-Nissan, 4:23; 8. Tejay Van Garderen, United States, BMC Racing, 5:14; 9. Jurgen Van den Broeck, Belgium, Lotto Belisol, 5:20; 10. Nicolas Roche, Ireland, France, AG2R La Mondiale, 5:29.

AUTO RACING

WORLD TOUR RANKINGS

ATP

SINGLES
1. Roger Federer, Switzerland, 11,075 points; 2. Novak Djokovic, Serbia, 11,000; 3. Rafael Nadal, Spain, 8,905; 4. Andy Murray, Britain, 7,460; 5. David Ferrer, Spain, 5,430; 6. Jo-Wilfried Tsonga, France, 5,230; 7. Tomas Berdych, Czech Republic, 4,515; 8. Janko Tipsarevic, Serbia, 3,215; 9. Juan Martin del Potro, Argentina, 3,180; 10. Nicolas Almagro, Spain, 2,605.
Also
23. Milos Raonic, Thornhill, Ont., 1,540

WTA

SINGLES
1. Victoria Azarenka, Belarus, 8,800 points; 2. Agnieszka Radwanska, Poland, 8,530; 3. Maria Sharapova, Russia, 8,370; 4. Serena Williams, U.S., 7,360; 5. Sam Stosur, Australia, 6,195; 6. Petra Kvitova, Czech Republic, 5,275; 7. Angelique Kerber, Germany, 5,170; 8. Caroline Wozniacki, Denmark, 4,091; 9. Sara Errani, Italy, 3,410; 10. Marion Bartoli, France, 3,400.

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Kansas City	18	10	5	3	23	17	33
D.C. United	18	10	5	3	34	22	33
New York	18	9	5	4	32	27	31
Chicago	18	8	6	4	21	21	28
Houston	18	6	5	7	22	24	25
Columbus	16	6	6	4	17	17	22
New England	17	6	7	4	24	22	22
Montreal	20	6	11	3	27	36	21
Philadelphia	16	5	9	2	18	18	17
Toronto	17	2	11	4	18	33	10

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
San Jose	19	11	4	4	36	24	37
Real Salt Lake	20	11	6	3	31	21	36
Vancouver	18	8	4	6	19	19	30
Seattle	19	8	5	6	23	19	30
Los Angeles	19	7	10	2	28	29	23
Colorado	18	7	10	1	25	24	22
Chivas USA	17	5	7	5	11	18	20
Portland	17	5	8	4	16	24	19
Dallas	19	3	9	7	17	27	16

Note: Three points for a win, one for a tie.
Sunday's results
Montreal 2 Columbus 1
Philadelphia 3 Toronto 0
Los Angeles 2 Chicago 0
New England 2 New York 0
Wednesday's game
Vancouver at Toronto, 7 p.m.
Saturday, July 14
Montreal at Philadelphia, 7 p.m.
Toronto at New England, 7:30 p.m.
Kansas City at Columbus, 7:30 p.m.
Vancouver at Chicago, 8:30 p.m.
Dallas at Colorado, 9 p.m.
Real Salt Lake at San Jose, 10:30 p.m.
Los Angeles at Portland, 11 p.m.

NASL

Saturday's results
Fort Lauderdale 3 Carolina 3
Edmonton 1 Puerto Rico 1
Atlanta 2 Minnesota 0
Wednesday's game
San Antonio at Puerto Rico, 7:30 p.m.
Thursday's game
Tampa Bay at Minnesota, 8:30 p.m.
Saturday, July 14
Puerto Rico at Atlanta, 7:30 p.m.
San Antonio at Fort Lauderdale, 7:30 p.m.
Sunday, July 15
Tampa Bay at Edmonton, 4 p.m.

CSL

Sunday's results
Brampton 4 York Region 4
Mississauga 2 Montreal Impact Academy 2
Waterloo 1 Toronto Croatia 0
Friday, July 13
Niagara at SC Toronto, 8 p.m.
Waterloo at Mississauga, 8 p.m.
York Region at TFC Academy, 8 p.m.
Kingston at Serbian White Eagles, 9 p.m.
Saturday, July 14
London at Windsor, 7:15 p.m.
Sunday, July 15
TFC Academy at Brampton, 3 p.m.
Serbian White Eagles at North York, 4:30 p.m.
Mississauga at York Region, 6:30 p.m.
Niagara at Brantford, 7 p.m.
SC Toronto at Windsor, 7:15 p.m.
St. Catharines at Toronto Croatia 8 p.m.

CFL

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Toronto	2	1	1	0	54	55	2
Montreal	2	1	1	0	51	68	2
Winnipeg	2	0	2	0	46	74	0
Hamilton	2	0	2	0	52	82	0

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
Saskatchewan	2	2	0	0	60	17	4
B.C.	2	2	0	0	72	52	4
Calgary	2	1	1	0	74	49	2
Edmonton	2	1	1	0	20	32	2

WEEK TWO
Sunday's result
Saskatchewan 17 Edmonton 1
Saturday's result
Toronto 39 Calgary 36
Friday's results
B.C. 39 Hamilton 36
Montreal 41 Winnipeg 30
WEEK THREE
Thursday's game
Calgary at Montreal, 7:30 p.m.
Friday's game
Winnipeg at Edmonton, 9 p.m.
Saturday, July 14
B.C. at Saskatchewan, 3 p.m.
Toronto at Hamilton, 7 p.m.
WEEK FOUR
Wednesday, July 18
Winnipeg at Toronto, 7:30 p.m.
Thursday, July 19
Saskatchewan at Calgary, 9 p.m.
Friday, July 20
Edmonton at B.C., 10 p.m.
Saturday, July 21
Montreal at Hamilton, 7 p.m.

AUTO RACING

NASCAR

SPRINT CUP

MONEY LEADERS
Through July 7
1. Jimmie Johnson, $4,609,506
2. Matt Kenseth, $4,566,914
3. Tony Stewart, $3,865,010
4. Denny Hamlin, $3,673,618
5. Kyle Busch, $3,450,417
6. Greg Biffle, $3,404,033
7. Dale Earnhardt Jr., $3,385,525
8. Kevin Harvick, $3,138,118
9. Brad Keselowski, $3,122,260
10. Carl Edwards, $2,921,912
11. Jeff Burton, $2,891,995
12. Jeff Gordon, $2,857,446
13. Martin Truex Jr., $2,853,855
14. Ryan Newman, $2,842,682
15. Clint Bowyer, $2,771,170

NATIONWIDE

MONEY LEADERS
Through July 6
1. Ricky Stenhouse Jr., $749,253
2. Elliott Sadler, $586,973
3. Austin Dillon, $548,759
4. Cole Whitt, $422,483
5. Michael Annett, $416,303
6. Justin Allgaier, $413,138
7. Sam Hornish Jr., $411,748
8. Joey Logano, $403,600
9. James Buescher, $399,649
10. Brian Scott, $394,363
11. Danica Patrick, $374,072
12. Tayler Malsam, $370,338
13. Brad Keselowski, $370,035
14. Kurt Busch, $360,205
15. Jason Bowles, $359,533

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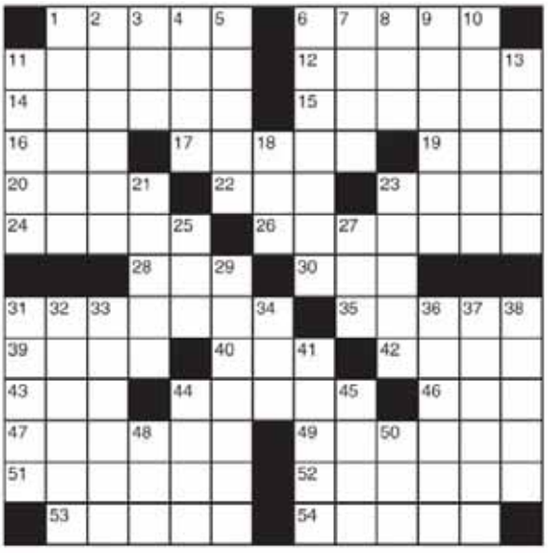
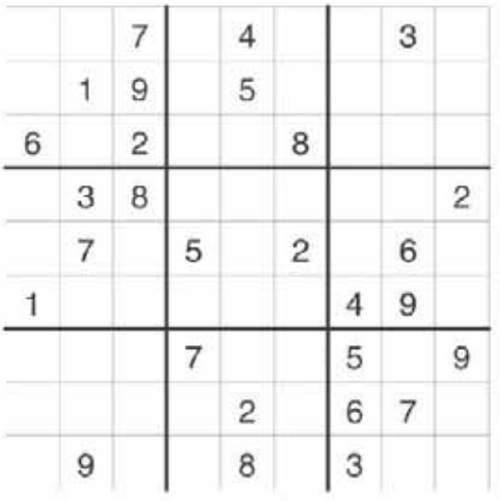
Across
1 Purplish shade
6 Very excited
11 Lady of Spain
12 O. Henry-esque
14 Border
15 Sculpture medium
16 Altar affirmative
17 Windborne deposit
19 Listening device
20 Blue hue
22 First lady
23 Initial stake
24 Show philanthropy
26 Warned
28 Lettuce variety
30 Retainer
31 Less logical
35 Boutonniere site
39 Drudgery
40 Light beam
42 South American capital
43 Summer on the Seine
44 Push away
46 After taxes
47 Swallow's cousin
49 Shopper's venue
51 Walked proudly
52 Napoleon's realm, e.g.
53 Enthusiastic
54 Phone book data

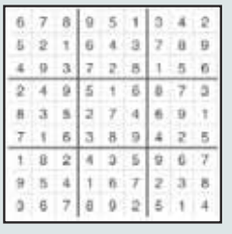
Down
1 Sluggish
2 Progress
3 Journal
4 Seed coating
5 Hiawatha's carrier
6 That guy, to that guy
7 History chapters
8 Craggy peak
9 Straight
10 Jesus' condemner
11 Hit
13 Wrapped in a waxy cloth
18 Zsa Zsa's sister
21 Resident
23 "... with — live girl"
25 Triumphed
27 Wet wriggler
29 More tranquil
31 Particulars
32 Write symbolically
33 Mountain range
34 Eminem's genre
36 Ring site
37 Eastern potentates
38 Starbucks order
41 Red Sea country
44 Amusement-park attraction
45 Odgen Nash's priest
48 Dress (up)
50 Tachometer reading (Abbr.)





How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku



Yesterday's Crossword

Cryptoquip

How to play
This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

FBY 'LV EBTSVLKTR EDPZ DKA HPUBLKZV PAKPT HBBS KA? K'UV PWLVPSF ZBWS FBY ZDPK PTS ZDPK PRPKT!

Yesterday's Cryptoquip: WHEN A SUPER-ROBOT IS CREATED THAT PLOWS LAND, WILL IT BE AN AUTOMATED TILLER MACHINE?

Today's Cryptoquip Clue: U equals V

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Weather

TODAY	WEDNESDAY	THURSDAY
MAX: 30° MIN: 18°	MAX: 25° MIN: 16°	MAX: 26° MIN: 18°

BT BREAKFAST TELEVISION

ANDREW SCHULTZ
WEATHER SPECIALIST
"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta".
WEEKDAYS 5:30 AM

Horoscope

Aries | March 21 - April 20. Forget the past. It is over and done with. You can, however, resolve to make today (and tomorrow) better than yesterday and the day before.

Taurus | April 21 - May 21. You have been a bit too out of touch with reality lately — which is not like you at all. Maybe it's time to remember that, as a Taurus, you should be more practical than most.

Gemini | May 22 - June 20. If you feel you are heading down a path that is not right for you, there is still time to stop and go back the way you came or even take a different path entirely. You are in control.

Cancer | June 21 - July 22. The Sun in your sign means this is an excellent time for you on so many levels. But it's also a tiring one, so be kind to yourself today.

Leo | July 23 - Aug. 22. The Sun's entry into your birth sign this month, will make you feel alive. Before then, you need to fix some things, not least a relationship.

Virgo | Aug. 23 - Sept. 22. You can't always do what you would like to do, but that doesn't matter. What counts is that you do what you have to do to the best of your ability.

Libra | Sept. 23 - Oct. 22. Yes, of course, other people can be annoying, and deceitful, but you don't have to react in the same way. Rise above petty squabbles today, and every day.

Scorpio | Oct. 23 - Nov. 21. You may be serious by nature but there is something you would be the first to admit you have been taking too lightly. You know what it is and what needs to be changed.

Sagittarius | Nov. 22 - Dec. 21. Be tolerant of those who see things from a different angle. They are as entitled to their opinions as you are to yours. Diversity is good.

Capricorn | Dec. 22 - Jan 20. You will have to work hard to stay friends with someone who has been giving you a hard time. Is it worth it?

Aquarius | Jan. 21 - Feb 18. There will be a change of emphasis in your outlook over the next 24 hours. While before you were interested only in your work and career, now you will be interested in relationships too.

Pisces | Feb. 19 - March 20. Start thinking along more practical lines. Dare to dream but make sure that your dreams are doable. What can you change today from an idea into reality? **SALLY BROMPTON**

Caption Contest

"Three heads are better than one."
Monica

RAJANISH KAKADE/ THE ASSOCIATED PRESS

Win!

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Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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